

## **Spaghetti Squash Topped with Ratatouille (serves 6)**

FLT (per serving): unlimited category 1 vegetables  
42 calories, 10 g carbohydrate, 1 g protein, 0.5 g fat

1 medium spaghetti squash

1. Using 1 medium spaghetti squash, cut in half lengthwise, with seeds removed, place cut side up in an ovenproof dish with  $\frac{1}{2}$  inch water and cover with foil.
2. Bake at 375 degrees for about 40 minutes, or until easily pierced with fork. DO NOT OVERBAKE.
3. When squash is cool enough to handle, scrape with a fork to release spaghetti-like strands.
4. Top with ratatouille. (recipe follows).

### **Ratatouille**

FLT (per serving): 2 oils, unlimited category 1 vegetables)  
137 calories, 17 g carbohydrates, 3 g protein, 7.5 g fat

$\frac{1}{4}$  cup olive oil  
2 large onions, sliced  
3 minced garlic cloves  
1 medium eggplant, cut into 1" cubes  
2 green peppers, chopped  
3 zucchini, cut into  $\frac{1}{2}$ " slices  
1 28-oz. can tomatoes, drained (fresh, ripe tomatoes may be substituted)  
1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
1 tsp. oregano  
 $\frac{1}{2}$  tsp. thyme

1. In a 6-quart pot, sauté onion and garlic in 1 tbsp oil for 3 minutes.
2. Add 1 tbsp oil and eggplant and stir-fry for 5 minutes.
3. Add another tbsp oil and the peppers and cook 5 minutes.
4. Add the last tbsp oil and the zucchini, cook for 5 more minutes.
5. Then add seasonings and tomatoes; cover and simmer for 30 minutes.
6. Use to top spaghetti squash or as a vegetable side dish.