Spaghetti Squash with Tomato and Basil

Ingredients
1 spaghetti squash
1 tbsp olive oil
3 tbsp parmesan cheese
1/4 tsp dried oregano
2 tsp dried basil
1 cup sliced tomatoes
Salt and black pepper to taste

Directions
1. Cook squash using either the microwave or oven.
   - **Oven method:** Place whole squash in microwave and cook 5 minutes so it is easy to cut. Cut in half and remove seeds. Place squash cut side down in a baking pan. Bake for 30-40 minutes at 375°F.
   - **Microwave method:** Carefully pierce squash with a knife in several places all around. Place whole squash in the microwave on a microwaveable paper towel. Cook until soft, checking and rotating the squash every 5 minutes.
2. In a large bowl, whisk oil, basil, oregano and parmesan cheese. Stir in tomatoes.
3. When squash is cool, scrape the inside with a fork, creating “noodles.”
4. Add “noodles” to tomato mixture and toss until combined. Season with salt and black pepper.

Servings: 4-6
Total Time: 30 minutes with microwave, 50 minutes with oven