



SECOND HARVEST  
of SILICON VALLEY



# 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 chopped tomatoes  
Salt and black pepper to taste

**Servings:** 4-6

**Total Time:** 30 minutes with  
microwave, 50 minutes with oven

## 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.