

Spaghetti Squash Pizza

Ingredients:

1 (about 3 lb.) spaghetti squash
4 tablespoons olive oil, divided
1 cup chopped onion
2 large cloves garlic, minced
8 ounces sliced mushrooms
1 cup chopped bell pepper
2 cups no-salt added crushed tomatoes
1 teaspoon Italian seasoning
½ teaspoon ground pepper
¼ teaspoon crushed red pepper
¼ teaspoon salt
4 ounces Canadian bacon, cut in small pieces
2 tablespoons grated Parmesan cheese
¼ to 1/3 cup sliced black olives
1 cup shredded part-skim mozzarella cheese

Directions:

Preheat oven to 400° F. Cut squash in half lengthwise and remove seeds. Pour 2 tablespoons oil in large baking pan. Place squash halves face down and turn squash in the oil so that all sides have a thin coat of oil. Bake until tender, about 40-50 minutes. While squash is baking heat remaining oil in a large skillet. Add onion and garlic and saute' until onions soften, about 3-4 minutes. Add mushrooms and bell pepper and continue to saute' until vegetables are tender, another 3-5 minutes. Add tomatoes, and seasonings. Cook until heated through, about 2 minutes. Remove from heat and stir in about 2/3 of the Canadian bacon pieces. Set aside.

Scrape the squash from inside the baked squash into a large bowl, using a fork. Be sure to leave the shells intact. Add the parmesan cheese and the tomato mixture to the squash and mix thoroughly. Divide the filling evenly into the squash halves. Sprinkle with the mozzarella cheese, black olives and remaining Canadian bacon. Bake until the filling is hot and bubbly and the cheese is melted, 15-20 minutes. Cut squash pieces in half to serve four people.

Nutrition Info: (1/4 recipe)

Calories: 356
Fat: 21 grams
Saturated Fat: 6 grams
Carbohydrate: 32 grams
Fiber: 8 grams
Protein 20 grams
Sodium: 735 mg.
Exchanges: 2 lean meat, 1 starch, 3 vegetable, 2 fat