

# Spaghetti Squash with Tomatoes, Basil, and Parmesan



*According to the Livestrong Foundation, there is a connection between low potassium and dizziness. First, see your doctor if your vertigo and dizziness symptoms are exacerbated by low potassium. Adding tomatoes to your diet can help increase your potassium levels.*

## Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

## Nutrition

- Servings: 4
- Calories: 77
- Fat: 5 g
- Protein: 2 g
- Carbohydrates: 7 g
- Dietary Fiber: 2 g
- Sodium: 67 mg

## Directions

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.