



American
Heart
Association.

October

WARM UP WITH COOL WEATHER WORKOUTS

1. Dress for comfort.
1. Look at the bright side, go outside!
1. Have fun with cool weather activities such as jogging, hiking or snowshoeing.
1. Take it inside if it gets too cold for comfort.



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Spaghetti-Squash Spaghetti

Ingredients

- 1 spaghetti squash (3 pounds)
- non-stick Cooking spray
- 1 tsp. extra virgin olive oil
- 1 clove fresh garlic (minced) OR 1 tsp. jarred, minced garlic
- 1/2 small onion (chopped)
- 1 cup tomatoes (diced) OR 8 oz. canned, no-salt-added, diced tomatoes
- 1/4 tsp. black pepper
- 1/4 tsp. dried, salt-free herbs, Italian blend
- 1/8 tsp. crushed red pepper flakes
- 16 oz. canned, no salt added tomato sauce
- 1/2 cup small bite size fresh mozzarella balls (can substitute fresh mozzarella), cut into bite-size pieces
- 1/4 cup coarsely chopped, or, torn basil OR 1 tsp. dried basil

Directions

1. Preheat oven to 350° F.
2. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender.
3. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.
4. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating "spaghetti noodles".
5. Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.



4 Servings



**172 Calories
Per Serving**



**6g Protein
Per Serving**



**10g Fiber
Per Serving**



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