



Spaghetti Squash alla Vodka



1/4th of recipe (about 1 1/4 cups squash and 3/4 cup sauce): 244 calories, 6g total fat (3.5g sat. fat), 697mg sodium, 35g carbs, 8g fiber, 15g sugars, 11g protein

Cook: 15 minutes (plus squash time; varies by method)

Prep: 15 minutes (plus squash time; varies by method)

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 2 cups canned crushed tomatoes
- 1/4 cup tomato paste
- 1/4 cup grated Parmesan cheese
- 2 tbsp. vodka
- 1 tbsp. white wine vinegar
- 1 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. red pepper flakes
- 1/4 tsp. salt
- 1 cup frozen peas
- 1 cup chopped onion
- 1/4 cup reduced-fat cream cheese
- 5 cups cooked spaghetti squash, drained of excess moisture
- 1/4 cup chopped fresh basil

Directions

In a large bowl, combine crushed tomatoes, tomato paste, Parm, vodka, vinegar, and seasonings. Mix well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add frozen peas and 2 tbsp. water. Cover and cook for 3 minutes, or until thawed. Add onion. Cook and stir until veggies have softened and lightly browned, about 5 minutes.

Reduce heat to medium-low. Carefully add tomato mixture to the skillet. Cook and stir until hot and well mixed, about 3 minutes.

Remove from heat, and add cream cheese. Stir until smooth and uniform. Cover to keep warm.

If needed, reheat squash. Top with sauce and basil.

MAKES 4 SERVINGS

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