



## Greek Spaghetti Squash

6 servings  
50 minutes

### Ingredients

- 1 Spaghetti Squash (about 4 lb. squash)
- 1 Cucumber (large)
- 2 Roma Tomato
- 1 Orange Bell Pepper
- 1 Red Onion (divided)
- 1 cup Pitted Kalamata Olives
- 1 cup Feta Cheese
- 1/2 cup Red Wine Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Lemon Juice (1 medium lemon = 1/4 c. juice)
- 1 tsp Dijon Mustard
- 1 tbsp Red Onion (finely minced)
- 1/2 tsp Oregano
- 1/2 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/2 tsp Salt

### Nutrition

Amount per serving	
Calories	270
Fat	20g
Saturated	6g
Trans	0g
Carbs	19g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	22mg
Sodium	662mg

### Directions

- 1 Roast spaghetti squash: Heat oven to 400 degrees Fahrenheit. Cut squash in half lengthwise (if you're strong and have a giant chef's knife), scoop out seeds and very stringy innards, and place cut side down in baking dish. Roast for 30-40 minutes until tender. If squash is too tough to cut when raw, poke holes in squash by stabbing with a fork on several sides. Roast for about 20 minutes, then cut in half lengthwise, scoop out seeds, and roast additional 20-30 minutes, cut side up, in baking dish. Squash is completely cooked when can be very easily pierced with a fork.
- 2 While squash cooks, dice cucumber (do not peel), tomatoes, pepper, and onion and add to a large serving bowl. Set aside small slice of red onion to mince finely and add to dressing later.
- 3 Drain Kalamata olives and roughly chop. Add olives and feta cheese crumbles to vegetables.
- 4 Once squash is fully cooked, scoop out flesh of squash with a fork to separate spaghetti-like strands. If squash is very liquidy, press squash with a paper towel to remove as much moisture as possible. If a cold salad is desired, place squash in refrigerator to cool, 30-60 minutes.
- 5 In a small bowl, whisk together ingredients for dressing: oil, vinegar, lemon juice, mustard, minced onion, oregano, basil, garlic powder, and salt. Once well mixed, pour over spaghetti squash and toss to combine. Serve immediately if warm salad desired, or refrigerate an hour or more for a cold salad.

### Notes

**Total Time:** 50-60 min, **Prep time:** 30-35 min // **Cook time:** 40-50 min

**Serving Size,** 2 cups

**Pro Tip,** This salad is even better the next day after the flavors have had time to combine.



Vitamin A	903IU
Vitamin C	78mg
Calcium	193mg
Iron	3mg

Make ahead of time for less stress at dinner.

**Dice cucumber**, trim ends and discard. Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular slices to dice.

**Dice tomatoes**, using very sharp or serrated knife, slice into 1/4-inch slices. Lay slices flat, then slice into 1/4-inch wide strips. Turn a quarter-turn and slice perpendicular to dice.

**Dice bell pepper**, cut pepper in half lengthwise and with a paring knife cut around the stem to remove. Remove seeds and white membranes along inside of pepper. Slice lengthwise into 1/4-inch wide strips, then turn a quarter-turn and slice perpendicular to dice.

**Dice onion**, trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

**Mince onion**, trim top and base off onion, then peel and discard tough outer layers. Slice in half lengthwise and lay onion cut (flat) side face down. Slice into very thin wedges, about 1/8-inch thick or less, then turn a quarter-turn and dice very finely.