|  |  |
| --- | --- |
| SPAGHETTI SQUASH**Ingredients:**1 spaghetti squash, halved lengthwise and seeded 2 tablespoons vegetable oil 1 onion, chopped 1 clove garlic, minced 1 1/2 cups chopped tomatoes3/4 cups low fat feta cheese3 tablespoons black chopped olives3-4 oz. Farmer Boy Lite Greek dressing **Directions:**1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.3. Meanwhile, heat 3 tablespoons Farmer Boy Lite Greek dressing in a skillet over medium heat. Cook and stir onion until tender. Add & stir in tomatoes and cook until tomatoes are warmed through.4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and add 1-2 oz. Lite Greek dressing. Serve warm & Enjoy! |  |