



Spaghetti Squash "Pasta" with Shrimp, Tomatoes, and Basil ("Pasta" di Zucca con Gamberi, Pomodori e Basilico)

Amy Riolo (October 10, 2017)



While spaghetti squash is hardly a grain, its tender strands do resemble golden noodles. Doling it out like pasta allows its naturally sweet taste to shine through. An added bonus: it's gluten-free!

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Serves: 4

Serving size: 1 cup



Prep time: 15 minutes

Cooking time: 1 hour 15 minutes

1 (approximately 3 1/2-pound) spaghetti squash, halved and seeded

1/4 cup extra virgin olive oil, divided

1 pound shrimp, any size, peeled and deveined

2 tablespoons freshly squeezed lemon juice

1 1/2 pints cherry or grape tomatoes, halved

4 cloves garlic, minced

1/8 teaspoon unrefined sea salt

1/4 teaspoon freshly ground black pepper

6 fresh basil leaves, finely chopped

4 tablespoons finely chopped fresh flat-leaf parsley

1. Preheat oven to 425°F.

2. Line a 15 × 10 × 1/2-inch baking pan with aluminum foil. Brush the cut surface of squash with 1 tablespoon oil; place squash flesh side down on the foil-lined pan. Roast on bottom rack 40 minutes, or until you can easily pierce the squash shell. Remove from oven and cool (do not turn off oven). When cool enough to handle, use a fork to scrape strands of spaghetti squash into a large bowl.

3. Heat 1 tablespoon oil in a large skillet over medium heat. Add shrimp and cook, uncovered, without turning, until the tails begin to turn coral, approximately 1-2 minutes. Turn shrimp and cook just until opaque, about 1 minute. Squeeze lemon juice over shrimp and set aside.

4. Place tomatoes, garlic, and the remaining 2 tablespoons oil in a 13 × 9-inch baking dish. Roast on top rack for 30 minutes, or until tender.

5. Toss shrimp with roasted tomatoes and garlic. Season with salt and pepper, and stir in basil. Spoon over spaghetti squash. Sprinkle with parsley and serve.

Italian Living Tradition

Use this simple method of sautéing shrimp whenever you need a quick dinner. They can be served over beans, polenta, pasta, salad, or soup for a meal in minutes.

Wine [Müller-Thurgau](#) [2]

Choices/Exchanges 1 Starch, 4 Vegetable, 3 Lean Protein, 2 Fat

Calories 380 | Calories from Fat 150

Total Fat 17g | Saturated Fat 2.5g | Trans Fat 0.0g

Cholesterol 180mg

Sodium 290mg

Potassium 1240mg



Total Carbohydrate 37g | Dietary Fiber 9g | Sugars 16g

Protein 27g

Phosphorus 345mg

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[1] <http://www.iitaly.org/files/gambeririolopng-0>

[2] <https://en.wikipedia.org/wiki/Müller-Thurgau>

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