



Episode 308

Spaghetti Squash Pasta with Wild American Shrimp Sauce and Apple Casserole

4 servings

PER SERVING: CALORIES: 358, CARBOHYDRATES: 31g, PROTEIN: 36g,
SATURATED FATS: 2g

SPAGHETTI SQUASH

INGREDIENTS

1 large spaghetti squash (around 2 lbs.)

PREPARATION

Perforate the squash by making small holes around the surface with a knife. Place squash in microwave for 6-8 minutes on high. When cooked, slice in half and remove seeds with a spoon. Center should be soft enough to remove meat with a fork into strands like pasta. Place on plate for later use.

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WILD AMERICAN SHRIMP SAUCE

INGREDIENTS

½ tsp olive or canola oil	2 whole ripe tomatoes, sliced in ½ inch slices
16 oz (1 lb.) shrimp, peeled and deveined	1 tbsp basil, julienne
1 tbsp minced garlic	1 tsp black pepper
3 tbsp red bell pepper, julienne	¼ tsp oregano (fresh if possible)
3 tbsp yellow bell pepper, julienne	¼ tsp crushed red pepper
3 tbsp green bell pepper, julienne	3 tbsp white wine (or water)
3 tbsp red onion, julienne	3 tbsp vegetable stock

PREPARATION

Place oil in hot pan. Oil should dance along rim of pan. Place shrimp, peppers, onion, garlic, and tomatoes in pan and toss quickly. Add seasoning and toss again. Deglaze with wine (or water) and keep in pan until ready to serve.

Place shredded spaghetti squash on bottom of plate. Ladle shrimp sauce on top of squash and garnish basil on top.

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APPLE CASSEROLE 2 SERVINGS

INGREDIENTS

Zero fat cooking spray

1 large Red Delicious apple (or Granny Smith apple),
sliced ¼" thick

½ cup natural applesauce, divided

¼ cup fat-free cream cheese

2 tbsp apple juice

1 tbsp brown sugar

½ tsp cinnamon

Small pinch nutmeg, fresh ground if possible

¼ cup Greek non-fat yogurt

1 tsp sugar substitute, like sucralose

Fresh chopped mint for garnish

PREPARATION

Place apple slices in pan with zero fat spray. Lightly brown on both sides and turn off heat. Add half of the applesauce to pan. Place cream cheese and remaining applesauce in small casserole pans. Sprinkle with cinnamon, nutmeg (save some for yogurt) and top with apples and sauce. Sprinkle brown sugar on top and place in oven under broiler for 3-5 minutes. Remove and serve with the yogurt mixture of sugar substitute, cinnamon, nutmeg and top with mint.

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