

Tuna Stuffed Spaghetti Squash

- 1 medium spaghetti squash, washed
- 2 pouches (2.6 oz.) StarKist Selects E.V.O.O.™ Yellowfin Tuna with Sundried Tomatoes
- 1 Tbsp. Extra Virgin Olive Oil
- 2 tsp. minced garlic
- ½ cup diced yellow onion
- ½ tsp. dried basil
- ¼ cup shredded part skim mozzarella cheese, divided

Directions:

1. Preheat oven to 400°F.
2. Place squash in microwave for 1 minute on full power. Once done allow to sit in microwave for 1 minute. (This softens the squash just enough to make it easy to cut)
3. Cut squash in half and scrape out seeds. Place cut side down in a rimmed baking sheet or 9 x 13 pan with ¼ to ½ cup water. Bake in oven for 40 minutes or until fork tender.
4. Meanwhile, heat oil in a medium sauté pan. Add onion and garlic and sauté until just tender.
5. Remove squash from oven and cool for a minute. Then scrape the pasta like strands into the sauté pan with the onion and garlic. Add tuna, basil and 2 Tbsp. mozzarella cheese and mix together.
6. Place back in the squash halves and top with 1 Tbsp. of cheese over each half and bake for another 2 – 3 minutes to melt the cheese.

Servings: 2 | Prep Time: 15 minutes | Cook Time: 45 minutes

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