

* Nutritional information is based on ingredients listed and serving size; any additions or substitutions to ingredients may alter the recipe's nutritional content.

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 66	
Fat 2g	
Saturated Fat 1g	
Cholesterol 3mg	
Sodium 193mg	
Carbohydrates 9g	
Fiber 1g	
Protein 3g	

Nutrition Counseling and Assessments

Whether you're recovering from an injury, fighting an illness or trying to prevent one, our registered dietitians can help you take control of your health. We offer individualized nutrition counseling and monitoring, meal planning and diet education — all tailored to your personal wellness goals.

Ask your physician to refer you to North Kansas City Hospital's Nutrition Counseling Program at 816.691.5267.



Where your care is personal.

Spaghetti Squash

Heart-Healthy | Diabetes-Approved | Gluten-Free

Ingredients

- 1 medium spaghetti squash
- 1 small onion, diced
- 4 garlic cloves, minced
- 1 jalapeño pepper, seeded and chopped
- 1 small red bell pepper, diced
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{2}$ tsp drained capers, rinsed
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 cup cherry tomatoes, halved
- $\frac{1}{4}$ cup zucchini, chopped
- 1 tbsp black olives
- 2 oz. reduced-fat feta cheese
- 2 tbsp fresh basil, chopped
- Lemon wedges, for garnish

