

## Low Carb Spaghetti

### Ingredients

1 spaghetti squash baked  
2 c. pasta sauce  
2 T. olive oil  
1 c. onion  
2 cloves garlic  
2 c. sliced zucchini  
2 c. chopped spinach

### Preparation

Layer spaghetti squash in a serving dish. In a sauce pan sauté all veggies until just tender. Add pasta sauce heat until hot through. Pour over spaghetti squash and serve hot.