

# Italian Spaghetti Squash Taste of Home

1 medium spaghetti squash (3 pounds)

1 can (14-1/2 ounces) diced tomatoes, undrained

1 cup sliced fresh mushrooms

1/2 teaspoon salt

1/2 teaspoon dried oregano (use twice as much when using fresh herbs)

1/4 teaspoon pepper

3/4 cup shredded part-skim mozzarella cheese

1. Halve squash lengthwise; discard seeds. Fill with tomatoes and mushrooms; sprinkle with seasonings. Place in an oval 7-qt. slow cooker, tilting 1 slightly to fit.
2. Cook, covered, on low until squash is tender, 6-8 hours. Sprinkle it with cheese. Cook, covered, on low until the cheese is melted, 10-15 minutes. To serve, cut each half into 2 portions.