

SAUCES & DIPS

# Cucuzza-Tomato Sauce over Spaghetti

29 September 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 8      | \$1.43      | 289 kcal |

Cucuzza-Tomato Sauce over Spaghetti requires around 45 minutes from start to finish. This side dish has 290 calories, 9g of protein, and 10g of fat per serving. This recipe serves 8 and costs \$1.43 per serving. If you have pepper, garlic cloves, cucuzza, and a few other ingredients on hand, you can...

## Ingredients

- ☐ ½ teaspoon freshly ground black pepper
- ☐ ½ cup thinly sliced fresh basil
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces 1/2 cup grated Parmesan cheese
- ☐ 52 ounce fat-free tomato-basil pasta sauce
- ☐ 1 pound cups hot cooked spaghetti uncooked)
- ☐ 6 garlic cloves, minced
- ☐ ½ cup chopped onion (about 1 small)
- ☐ 1 teaspoon salt
- ☐ 1¼ pound cucuzza, peeled and cut crosswise into (1/4-inch-thick) slices (about 5 cups)

EQUIPMENT Frying pan, Dutch oven

## Method

- 1 Heat olive oil in a Dutch oven over medium-high heat.
- 2 Add onion to pan, and saut 4 minutes or until tender.
- 3 Add garlic, and saut 30 seconds.

- 4 Add salt, pepper, pasta sauce, and squash to pan. Reduce heat, and simmer 55 minutes or until squash is tender.
- 5 Serve over pasta.
- 6 Sprinkle with Parmesan cheese and basil.

Nutrition per serving

|               |         |      |                               |
|---------------|---------|------|-------------------------------|
| 289           | 9 g     | 10 g | 39 g                          |
| KCAL          | PROTEIN | FAT  | CARBS                         |
| Saturated Fat |         |      | 2.5 g · 15% of daily needs    |
| Fibre         |         |      | 7.2 g · 29% of daily needs    |
| Sugar         |         |      | 14.1 g · 16% of daily needs   |
| Sodium        |         |      | 1,099 mg · 48% of daily needs |
| Cholesterol   |         |      | 4.8 mg · 2% of daily needs    |
| Vitamin C     |         |      | 10.6 mg · 13% of daily needs  |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/cucuzza-tomato-sauce-over-spaghetti-146334](https://whatsheate.com/cucuzza-tomato-sauce-over-spaghetti-146334)