

# SPAGHETTI SQUASH

**Storage and preparation tips:** Store spaghetti squash in a cool, dark place. This could be a cool and dark shelf, cabinet, or drawer in the kitchen, pantry, or closet. This will help keep the squash fresh for several months!

**Nutrition benefits:** Spaghetti squash is a nutrient-dense food. This means it is low in calories but has several vitamins and minerals including vitamin C, vitamin B6, and manganese. This squash is also rich in antioxidants and high in fiber (2.2 g per a 1 cup serving). All of these components help you to stay healthy!

## 3 WAYS TO ENJOY SQUASH :

**Roast:** First rinse the outside of the squash and cut it in half. Scoop out the pulp and seeds with a spoon. Brush the inside of the squash with oil, and season with salt and pepper. Roast in the oven at 400°F for about 40-45 minutes. Use a fork to loosen and separate the strands of spaghetti squash.

**Microwave:** Rinse the squash. With a paring knife, poke several holes into the squash. These will be your "vent holes." Place squash in a baking dish and microwave on high for 5 minutes. Cautiously remove the squash and transfer to a cutting board. Cut the squash in half and scoop out the seeds. Season with oil, salt, and pepper if desired. Fill the baking dish with about 1 inch of water. Place the squash halves upside down in the dish so that the inside of the squash is touching the water. Microwave for 5 more minutes. Separate strands and enjoy!

**Seeds:** Save the seeds! Rinse squash off the seeds. Pat dry with a paper towel. Lightly coat seeds in oil, salt, and pepper. Roast in the oven on a baking pan at 300°F for 20 minutes and enjoy

## 5 INGREDIENT SPAGHETTI SQUASH



### Ingredients:

- 1 spaghetti squash
- 1 cup pasta sauce
- 1 cup shredded mozzarella cheese
- 1 tablespoon olive oil
- Salt and black pepper to taste
- Optional ingredients: fresh basil, Italian seasoning, garlic (fresh or powdered)

### Instructions:

1. Cook spaghetti squash using either the roasting or microwave method on this handout.
2. Remove from oven or microwave and allow to cool slightly. With a fork, loosen and separate spaghetti squash strands from shell. Reserve shells.
3. Place strands in a bowl. Mix strands with pasta sauce (and additional spices, if you wish). Spoon mixture back into the empty shell. Sprinkle with mozzarella cheese.
4. Bake for 7-9 minutes (or another 3 minutes in the microwave) until cheese is melted, bubbly, and slightly browned. Spoon and serve directly from shell.

**Serves 2. Nutrition per 1/2 squash serving::** 320 calories, 20 g protein, 10 g fat, 42 g carbohydrates, 10 g fiber, 400 mg sodium