

WHAT'S FRESH

Spaghetti Squash

Spaghetti Squash is very different from its cousins the pumpkin, butternut or yellow squash. When cooked, the flesh naturally separates into strands or “noodles” making a low-carb and high nutrient substitute for pasta. No special tools needed!

Quick Tips:

- Choose squash that has a stem, a dull orange or yellow color and is hard and heavy for its size
- Store in a cool dry place for up to 3 months
- Tightly Wrap cut squash with plastic wrap and keep in the refrigerator for up to 3 days
- After cooking, if it is tough to scrape the flesh down to the rind, the squash isn't cooked enough. The flesh should be easy to remove. Cook for 10 more minutes and try again.

How to prep spaghetti squash:

Rinse squash with water and pat dry. If the squash is too hard to cut, poke holes around the outside of the squash and microwave it 5 minutes to soften it before cutting. Cook whole in the microwave or cut in half and bake.



1. Cut off the ends

Place squash on its side on a dish towel to keep it still. Hold firmly and cut off the top and bottom ends.



2. Cut in half long ways

Hold the squash firmly on one side. Push the tip of the knife straight down in the center of slice half the squash and through of the squash. Rotate 180° and slice the other side of the squash.



3. Scoop strings and seeds

Use a spoon to scoop out the strings and seeds, scraping the sides. It's ok if there are a few strings left - it's better not to scoop too deep.



4. Cook

Choose the method of cooking based on your time and equipment available.

Directions in box to the right. —————>



5. Make noodles!

After cooking, let the squash cool enough to handle. Use a fork to scrape the flesh of the squash towards the middle of the half, all the way to the rind.

Ways to Cook Spaghetti Squash:

Cook Whole Squash in the Microwave:

1. Poke holes into the skin of the squash, all the way around, to release steam during cooking.
2. Place on a microwave safe plate and cook for at least 15 minutes. Squash is done when the skin can be easily pierced with a fork. Cook for 3 more minutes if not done.
3. Allow to cool for at least 10 minutes.
4. Cut in half long ways, scoop out the seeds and strings, and scrape out the noodles.

Cook in the Oven: (cut in half)

1. Preheat the oven to 400°F.
2. Slice off the ends and cut the squash in half long ways.
3. Scoop out the strings and seeds.
4. Drizzle a little oil and salt and pepper over the cut side of the squash.
5. Lay cut side down on a baking sheet and cook for 30-45 minutes. Check at 30 minutes.
6. Squash is done when a fork can easily pierce the skin.
7. Let cool before scraping out the noodles.

Food Fact:

Don't toss the seeds! You can roast them, just like pumpkin seeds. Spaghetti squash seeds are high in heart healthy Omega-3 fats. Use as a salad topping or pair with fruit for a healthy snack.



Broccoli & Cheese Spaghetti Squash

SERVES
4

DIRECTIONS:

1. Cook squash in the microwave or cut in half long ways and bake. Scrape out noodles after cooling.
2. While squash cooks, mince garlic and cut broccoli.
3. Spray a medium size saute pan with non-stick cooking spray and heat over medium-high heat.
4. When hot, add broccoli and stir-fry for about 3 minutes. Add garlic and stir for about a minute. Remove from heat.
5. Mix squash noodles, broccoli and half of the cheese together.
6. Top with the rest of the cheese, salt and pepper and serve.

Ingredients

Spaghetti Squash - Large, about 2-3 pounds

Broccoli Florets- 2 cups, fresh [chopped], or frozen [thawed & drained]

Garlic - 3 cloves, minced or 1 tablespoon garlic powder

Cheddar Cheese - [Low Fat] 1/2 cup

Black Pepper - 1/4 teaspoon

Salt to taste.

Optional: Red pepper flakes

Tips

- Choosing spaghetti squash over pasta noodles can save you around 30 grams of carbohydrates.
- Turn this into a “baked pasta” dish by placing the broccoli and squash mixture back into the rind, top with the remaining cheese and place back in the oven until the cheese is melted on top.
- Add white beans, diced chicken breasts, canned chicken (drained) or top with fish or shrimp for an additional protein source.
- Try with your favorite vegetables like spinach with mushrooms or peppers and onions.