



# SPAGHETTI SQUASH

## WHAT'S IN IT FOR YOU?

- Vitamin A for healthy skin & eyes; fiber to help keep you regular

## SERVING IDEAS

- To make squash easy to cut, microwave the whole squash on high for 5-10 minutes. Cut it in half and take out seeds.

There are two ways to cook the squash:

- To cook the squash in the microwave, place it cut side down in a glass pan. Cover with plastic wrap. Cook on high until soft.
- To bake the squash in an oven, place it, cut side down, in a baking pan. Bake in the oven for 30-40 minutes at 375°F.

When squash is cool, scrape the inside with a fork to create “noodles”.

- Toss squash “noodles” with oil, parmesan cheese and black pepper. Or, toss with a little melted butter, brown sugar and cinnamon.

## STORAGE

- Store on the counter for 2-4 weeks.

## SPAGHETTI SQUASH WITH CHUNKY TOMATO SAUCE

Makes 4 Servings

### Ingredients:

- 1 large **spaghetti squash**, cut in half lengthwise
- 2 Tablespoons vegetable oil
- 1 medium onion, chopped
- 2 cans (15 ounces each) chopped tomatoes with juice
- 2 teaspoons garlic powder
- Optional:* Parmesan cheese, basil or Italian seasoning



### Instructions:

1. Bake spaghetti squash in the microwave or oven to make squash “noodles” (see directions above).
2. Heat oil in a skillet over medium heat. Add onions and cook until tender.
3. Add garlic and canned tomatoes with juice. Add basil or Italian seasoning, if using. Cook for 10 minutes or until mixture thickens like a sauce.
4. Put squash noodles on a plate. Pour tomato sauce on top of squash. Sprinkle with cheese, if using.

SOURCE: Adapted from “[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)”



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