

Spaghetti Squash

Key Points

- For the best buy, choose squash that are heavy and have smooth skins.
- To prepare squash, rinse and cut squash in half. Boil the squash for 20-30 minutes or until soft. Let cool for 10-20 minutes. Remove seeds and pull a fork through the squash to separate it into long strands.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



Spaghetti Squash with Garlic

Ingredients:

2 spaghetti squash, about 2 pounds each, cooked
2 tablespoons soft tub margarine
2 garlic cloves, minced
2 tablespoons grated Parmesan cheese
Salt and black pepper to taste

Directions:

1. Remove seeds from squash. Pull a fork through the squash to separate it into long strands. Place squash strands into a large bowl. Cover and keep warm.
2. In a large frying pan, melt the tub margarine over low heat.
3. Add the garlic to the frying pan. Cook 2 minutes, stirring often.
4. Add the squash to the frying pan. Cook, stirring often, until the squash is hot. Add the Parmesan cheese
5. Add salt and black pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Spaghetti Squash Primavera

Ingredients:

1 spaghetti squash, about 2 pounds, cooked
2 cups broccoli florets
3 carrots, sliced
1 zucchini, sliced
1/2 cup sliced onion
3 garlic cloves, minced
3 cups tomato puree or crushed tomatoes
1 teaspoon dried oregano (optional)

Directions:

1. Remove seeds from squash. Pull a fork through the squash to separate it into long strands. Place squash strands into a large bowl. Cover and keep warm.
2. In a large frying pan or pot, heat 1 cup water over medium heat.
3. Add the broccoli, carrots, zucchini, onion and garlic.
4. Cover and cook 5 minutes or until the vegetables are soft.
5. Uncover and cook until most of the liquid is gone, about 5 minutes.
6. Add pureed tomatoes and oregano. Cook over low heat for 15 minutes. Stir often.
7. Serve over the spaghetti squash. Enjoy!
8. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Serve spaghetti squash as a hearty side dish.
- Top spaghetti squash with your favorite pasta sauce.
- Spaghetti squash is a common type of winter squash.
- Remember to rinse all fruits and vegetables before using.

The Nutrition Facts Label—What does it tell us?

Recipe name: Spaghetti Squash Primavera

Nutrition Facts	
Serving Size: 1/6 of recipe (435g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 5g	
Vitamin A 130%	Vitamin C 80%
Calcium 10%	Iron 20%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Spaghetti Squash with Tomato Sauce

Nutrition Facts	
Serving Size: 1/4 of recipe (465g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 200mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 10%	Vitamin C 15%
Calcium 15%	Iron 8%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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