



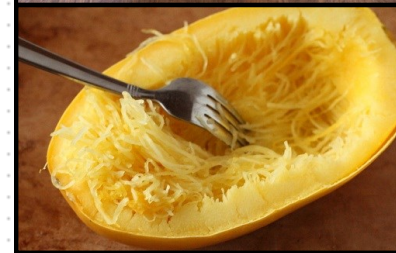
Spaghetti Squash & Roasted Seeds



Ingredients



- 1 spaghetti squash
- 4 Tbsp olive oil or butter
- Salt
- Pepper
- Spices to taste



Directions



1. Preheat oven to 350 degrees
2. Cut Spaghetti squash in half. Scoop out seeds and place to the side.
3. Drizzle inside of squash with olive oil or melted butter
4. Salt, pepper and add spices or herbs to taste (e.g. curry, basil, garlic, etc.)
5. Place each half face down on a baking tray and play in oven for an hour
6. Remove from oven and let cool
7. Place seeds on separate baking sheet, drizzle with oil and your choice of herbs and spices, bake for 20 minutes or until toasted



Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



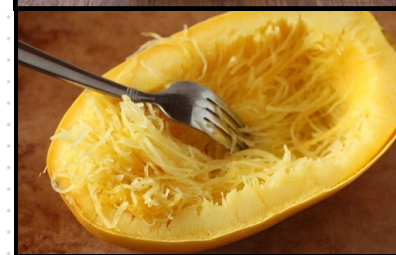
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Fast Facts



This Recipe Provides





Fiber



Low Fat



Cooking Tips



- If you wish for the squash to become a little brown and crisp, place it squash side up
- Top with tomato sauce for a delicious combination

Nutrition Facts



Nutrition Facts	
Serving Size (113g)	
Servings Per Container 5	
Amount Per Serving	
Calories 127	Calories from Fat 106
% Daily Value*	
Total Fat 11.8g	18%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol -1mg	0%
Potassium 109mg	3%
Sodium 48mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0.7g	1%
Vitamin A 1%	Vitamin C 4%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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