



Spaghetti Squash



FoodHero.org

Ingredients



- 1 whole spaghetti squash
- Topping ingredients as you choose

Yield: 4 cups
Serving Size: 1/2 cup



Directions



1. Wash the skin and cut squash in half lengthwise, crosswise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.
2. Remove seeds and stringy fibers with a spoon.
3. Cook squash. The squash flesh should be easily pierced by a fork when done.
 - Microwave (shortest cooking time): Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH for about 12 minutes for a medium sized squash. Time will vary depending on size of squash and power of the microwave. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.
 - Bake in the oven: Choose a baking temperature between 350 to 425 degrees. Line a baking dish with foil for easier clean up.
 - For a “roasted” flavor, rub cut edges with a little vegetable oil (optional), place cut side down in the pan and bake uncovered.
 - For a “steamed” texture, add 1/2 cup water to the pan and cover with foil.
 - Check for doneness after about 40 minutes. Larger squash and lower oven temperatures may take longer to cook. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.
4. Let sit for 10 minutes or until squash is cool enough to handle. Use a fork to gently scrape the inside of the squash to make spaghetti-like strands.
5. Refrigerate leftovers within 2 hours.

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



Spaghetti Squash



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Ingredients



- 1 whole spaghetti squash
- Topping ingredients as you choose

Yield: 2 cups
Serving Size: 1 cup



Directions



1. Wash the skin and cut squash in half lengthwise, crosswise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.
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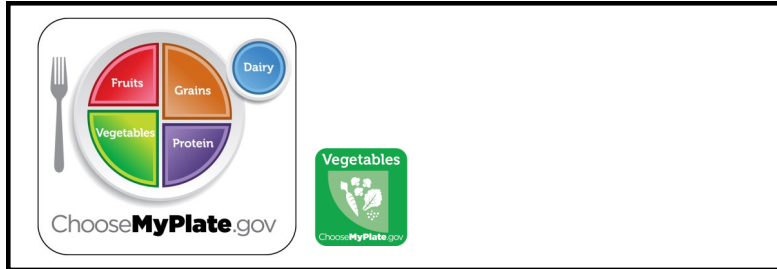
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Fast Facts



Featured Food Groups



Cooking Tips



- Season the squash with a little salt and pepper or try nutmeg, onion or garlic powder.
- Top with your favorite pasta sauce.
- Try sautéed mushrooms, onions, or other veggies.
- Add a sprinkling of cheese.
- Include beans, tofu, cooked chicken or meat to make a one dish meal.

Nutrition Facts



Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 20			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 5g			2%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 1g			
Vitamin A 2%		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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

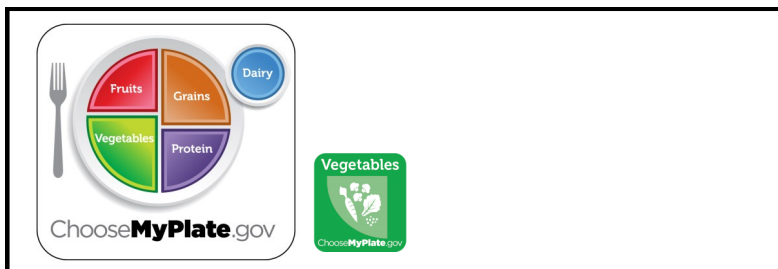
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Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 5g			2%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 1g			
Vitamin A 2%		Vitamin C 4%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

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