



Spaghetti Squash



Why eat spaghetti squash:

- Excellent source of vitamins including vitamin C which helps fight infection.
- Good source of fiber which promotes healthy digestion and keeps you fuller longer.

How to store and when to throw away:

- Store in a cool, dry place for up to 3 months.
- When cut, store in refrigerator for up to 5 days.
- Throw out when squash becomes moldy and/or odorous.

Caramelized Onion Spaghetti Squash

Makes 6 servings
Ready in 35 minutes

Ingredients:

- 1 spaghetti squash
- 2 yellow onions, finely chopped
- 4 tablespoons oil
- 2 tablespoons butter
- 1 teaspoon rosemary, dry
- Pinch salt and pepper

Directions:

1. Preheat oven to 350°. Prepare a large baking sheet.
2. Cut squash in half down the long side, remove seeds.
3. Brush 1 tablespoon olive oil on each side of the squash. Place each half face down on the baking sheet. Cook for 25-30 minutes or until a fork easily pierces the squash.
4. In a large skillet, melt butter and 2 tablespoons oil over medium-low heat. Add onions to skillet, stirring occasionally.
5. After approximately 10 minutes, the onions should start to caramelize. If they look like they're burning at all, add an extra tablespoon of oil. Season with rosemary, salt, and pepper.
6. When squash is soft, let it sit for 10 minutes to cool. Once cool, use a fork to remove "spaghetti" from squash and place in the skillet with the onions. Stir together and enjoy as a side dish.

Chef's Notes:

- Add spinach or kale to the onion mixture and sauté until soft.
- Top with parmesan cheese for an extra savory taste.

Quick Tips:

- Wash well before cutting and preparing.
- Cut lengthwise and remove seeds using a spoon.
- Place squash cut-side down in a baking dish with 1/2 inch water. Bake at 350 degrees until tender; or microwave 10-12 minutes.
- Once cooked, use a fork to rake out the flesh into strings, which looks similar to spaghetti.
- Use in place of spaghetti or stir in cooked vegetables and season.

Nutrition Facts

Serving Size 1 Cup	
Amount Per Serving	
Calories 31	
	% Daily Values*
Total Fat 0.6g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 109mg	3%
Sodium 17mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1.5g	6%
Sugars 2.8g	
Protein 0.6g	1%
Vitamin A 2%	• Vitamin C 3%
Calcium 2%	• Iron 1%
Vitamin B6 5%	• Magnesium 3%

Spaghetti Squash Lasagna Boat

Makes 6 servings
Ready in 1 hour 15 minutes

Ingredients:

- 1 spaghetti squash, cut in half lengthwise and scrape out seeds
- 1 teaspoon oil
- 2 sweet Italian sausages, chopped
- 1/2 yellow onion, chopped
- 2 garlic cloves minced OR 1 teaspoon garlic powder
- 2 1/2 cups pasta sauce
- 3/4 cup ricotta cheese
- 1 cup chopped frozen spinach, thawed and moisture squeezed out
- 1 cup shredded part skim mozzarella cheese
- Salt and pepper to taste

Directions:

1. Roast or microwave squash according to “Quick tip” directions on the front. Set aside to cool.
2. Turn the oven to 425 degrees and prepare a 13x9 baking dish with foil or cooking spray.
3. In a skillet over medium heat, sauté the sausage about 5 minutes. Add the onion. Cook 5 minutes. Stir in the garlic. Add the marinara sauce and turn heat to low.
4. In a small bowl, combine ricotta and spinach. Stir to combine and season with salt and pepper.
5. Scrape the inside of the cooled squash into a mixing bowl. Place the squash shell in the prepared 13x9 baking dish.
6. In the squash shell, layer marinara sauce, 1/4 of spaghetti squash noodles, sauce, and ricotta cheese mixture. Repeat the layers and top with mozzarella. Repeat with the second squash. Bake uncovered for 15 minutes or until the cheese is melted.

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

