

# Spaghetti Squash

**Selection** - Choose squash that are firm, dry, free from soft spots or cracks and that still have the stem attached.

**Storage** - Store unwashed in a cool, dry place. Make sure to wash right before cooking (stays fresh for up to 2 months).

**Nutrition** - Fiber in spaghetti squash can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE SPAGHETTI SQUASH

- To roast spaghetti squash, wash and cut end to end. Remove seeds and strings. Poke holes through skin with fork. Drizzle with olive oil and place cut-side down on baking sheet. Roast for 30-45 minutes at 400 degrees. Remove inside with fork; throw away skins. Use like you would pasta!
- To make fritters, combine cooled, cooked spaghetti squash, spinach, 1 egg and garlic powder in a bowl. Mix well. Heat olive oil in pan, add a large scoop to pan and lightly flatten. Cook 3 minutes on each side until browned.
- To make a spaghetti squash bowl, add black beans, cooked chicken, salsa and corn to a roasted spaghetti squash. Mix ingredients, top with 1 tablespoon of sour cream and sprinkle with shredded cheese.

# Cheesy Baked Spaghetti Squash

Makes 4 Servings

## Ingredients

- ☐ 1 spaghetti squash
- ☐ 1 teaspoon oil
- ☐ 1 cup onion, chopped
- ☐ 1 cup bell pepper, chopped
- ☐ 1 tablespoon Italian herbs
- ☐ 2 teaspoons garlic powder (optional)
- ☐ 1 (15 ounce) can white beans, drained and rinsed
- ☐ 1 (15 ounce) can low-sodium tomato sauce
- ☐ 1/2 cup low-fat shredded mozzarella cheese

## Directions

1. Preheat oven to 400 degrees.
2. Use a knife to poke squash all over. Microwave on a microwave-safe plate for 5 minutes. Allow squash to cool and cut in half. Scoop out seeds.
3. Place squash halves cut-side down on the plate. Microwave for 10 minutes.
4. Heat oil in a skillet over medium heat. Add onion, pepper and seasoning. Cook for 5 minutes. Add beans and sauce. Stir to mix.
5. Remove squash from the microwave. Cool slightly. Use a fork to scrape squash out of the skin. Add squash and tomato mixture to baking dish. Stir to mix.
6. Sprinkle with cheese. Bake for 15 minutes.

Recipe from:

