

# Spaghetti Squash!



Spaghetti squash is a type of winter squash that looks & acts like spaghetti! With less carbs and very little work from you, it's easy to turn into long thin ribbons that resemble angel hair pasta. The taste is a bit different than typical spaghetti, but squash spaghetti holds up well and takes on flavors from what you cook with it— butter and parmesan, red sauce, Pad Thai flavoring...whatever you like!

Look for spaghetti squash with no soft spots and feel heavy for their size. **To prepare spaghetti squash**, halve the squash lengthwise, scoop out the seeds, rub with oil, salt, and pepper and place cut side down on a casserole dish. Next either add an inch of water and microwave for 15-20 minutes OR roast in the oven at 450 degrees for 35-40 minutes. Use a fork to fluff and separate strands.

Like other winter squash, spaghetti squash is packed with nutrients: a 1 cup serving has about 40 calories and 7 grams of carbs, and is an excellent source of Vitamin A, Vitamin C, fiber and other nutrients.

# Fun ways to use Spaghetti Squash!

**First things first:** the easiest way to enjoy your cooked spaghetti squash is in your favorite spaghetti recipe! Simply use squash strands as pasta tossed with butter and parmesan cheese or under a blanket of tomato sauce and meatballs! Check out other creative dishes below:

## Spaghetti Squash Pizza Boats

Wash and prep your spaghetti squash as listed above and roast until tender, about 35-40 minutes. Fluff squash strands with a fork and fill boat with your favorite pizza sauce, toppings and cheese. Switch oven to broil and broil filled squash until hot and bubbly, about 4-5 minutes.

## Spaghetti Squash Hashbrowns

Cook and shred spaghetti squash into strands. Heat oil in a skillet over medium heat. Press the water out of the squash with paper towels. Form little patties by pressing the squash firmly between your palms. Place patties gently in heated skillet and cook until browned and crispy, about 5 minutes per side. Serve warm.

## Breakfast Spaghetti Squash

Wash and prep spaghetti squash as listed above and roast until tender, about 35-40 minutes. Sprinkle with bacon and cheese. Make a well in each half and break an egg into each well. Place back in the oven and bake until eggs are set, about 10 minutes. Garnish with green onions and black pepper.