

Spaghetti Squash

Nutritional Information

Serving Size:

1 cup

Calories 35

Protein 1 gram

Fat 0.5 gram

Carbohydrates 7 grams

Fiber 1 gram

Sodium 15 milligrams



General Information:

Spaghetti squash is fun. It is unlike any other summer squash in its texture. When cooked, the flesh separates quite naturally into long spaghetti-like strands. It is low in calories and serves as a ready substitute for pasta. Spaghetti squash is large, oblong and yellow. It is available year-round.

Selection and Storage:

Choose spaghetti squash that is a creamy to deep yellow. Avoid any that are tinged with green, as they are not mature. Look for a hard skinned, evenly colored squash without blemishes or ridges. They can be stored at room temperature for several weeks.

Preparation and Cooking Tips:

Rinse the skin. Prick the skin with a fork several times. Place in a baking pan and cook in a oven at 350°F oven until it is fork-tender, about 45 minutes to an hour. (This is based on a 2 1/2 pound squash.) Cut in half at once to stop it from overcooking. Overcooked squash becomes watery and loses its sweetness. Let cool briefly. Discard seeds. Rake the strands with a fork down to the skin. Serve with your favorite pasta sauce.

SPAGHETTI SQUASH WITH HERBS

1 (3-pound) spaghetti squash
1 tablespoon minced fresh parsley
2 teaspoons reduced-calorie margarine
1/2 teaspoon dried whole basil
1/4 teaspoon salt
1/8 teaspoon pepper
Dash of dried whole sage
Fresh basil sprig (optional)

Wash squash; cut in half lengthwise. Remove and discard seeds. Place squash, cut sides down, in a Dutch oven; add water to pan to a depth of 2 inches. Bring to a boil; cover, reduce heat, and simmer 20 to 25 minutes or until squash is tender. Drain squash; let cool. Using fork, remove spaghetti-like strands from squash; discard shells. Place strands in a serving bowl; add parsley and next 5 ingredients, and toss gently. Garnish with a fresh basil ring, if desired.

Nutritional Information

8 servings

Calories 29
Carbohydrates 5.2 grams
Sodium 97 milligrams
Protein 0.6 grams
Fat 0.8 grams

SPAGHETTI SQUASH

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| 1 spaghetti squash | 1-2 garlic cloves, minced & crushed |
| 1/2 cup finely chopped parsley | 2 tbsp. parmesan or romano cheese |
| Salt and pepper to taste | 1 tbsp. butter |

Microwave spaghetti squash (9 minutes or so) and remove "spaghetti" according to basic cooking directions. Place "spaghetti" in a colander and let drain over a bowl. Sauté garlic in butter for 2 minutes. Add drained juice and parsley. Heat for one minutes, then toss with "spaghetti". Sprinkle on cheese, salt and pepper and toss again.

Nutritional Information

Serves 4

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| Calories 145 | Carbohydrates 27 grams | Sodium 72 milligrams |
| Protein 4 grams | Fat 4 grams | Cholesterol 5 milligrams |
| Fiber 2 grams | | |
| Sodium 164 milligrams | | |

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