

# 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

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

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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