



Spaghetti Squash



Created by Lesley Sykes
02/02/07

DESCRIPTION: A variety of winter squash having a pale yellow rind and stringy flesh that when cooked can be scooped out in strands resembling spaghetti. Spaghetti squash is watermelon-shaped and can grow to be quite large, averaging from 4 to 8 pounds.



NUTRITION: One cup cooked spaghetti squash contains 45 calories. It is an excellent source of folic acid and fiber and also contains potassium, vitamin A, and niacin.

SELECTION: Choose squash that is hard and smooth with an even pale yellow color. The average 4-pound squash will yield about 5 cups of "spaghetti." Store uncut spaghetti squash at room temperature for up to 3 weeks.



PREPARATION: After each cooking method, allow the squash to cool slightly, then cut open and discard the seeds. Using a fork, "comb" strands until only the shell remains.

- **Bake:** Prick the squash through with a knife or fork in 2 to 3 places. Place in pan and bake at 375 F for 45-60 minutes or until flesh is tender.
- **Boil:** Place whole squash in a pan of boiling water and boil until flesh is tender, about 30 minutes.
- **Microwave:** Pierce whole squash in at least 10 places and microwave on high for 10-12 minutes, rotating squash 3 times during cooking. Squash is done when skin pierces easily with a fork

Use just like pasta as a lower carb and calorie alternative. Try topping it with your favorite spaghetti sauce, drizzling with olive oil, or experimenting with herbs, spices, and cheeses.



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