

SPAGHETTI SQUASH

HOW DOES IT TASTE?

Spaghetti squash has a mild, almost neutral flavor. It is slightly sweet, earthy and nutty tasting, especially when roasted.

HOW DO I PICK IT?

Choose a heavy and firm spaghetti squash that's free of soft spots. Spaghetti Squash is available all year round at the grocery store but can be found locally in their peak season between the months of August to December.

HOW DO I STORE IT?

Store in a cool, dark place for up to 1 month. Once cut, wrap in plastic and store in refrigerator for up to 5 days.

HOW DO I PREPARE IT?

Roast spaghetti squash in the oven or **steam** in the microwave with herbs, olive oil, salt and pepper. Use a fork to scrape out the insides. It looks like **spaghetti!** Toss spaghetti squash with cooked vegetables, feta cheese, and basil for a delicious **side or main dish**. Make sure to follow the preparation and cooking methods below:

- Wash squash well to remove any dirt.
- Soften the squash in the microwave before cutting:
 - Using a fork, poke several holes throughout the squash 7-10 times.
 - Put the squash in the microwave on HIGH for 7 minutes.
 - Remove carefully, then cut the squash the long way.
 - Using a spoon, scoop out the seeds and the stringy part.
 - Continue with one of the cooking methods below:



To **ROAST** spaghetti squash in the oven:

1. Turn the oven to BAKE and set it for 350° F.
2. Sprinkle 1 teaspoon of olive oil onto the cut halves.
3. Sprinkle each half with 1/4 teaspoon of salt and 1/4 teaspoon of pepper, if desired.
4. Place the two halves in a **glass or metal baking dish**, cut side down.
5. Bake for 1 hour or until the sides give easily when squeezed.
6. Use a fork to scrape out the insides. It looks like spaghetti!

To **STEAM** spaghetti squash in the microwave:

1. Place the two halves in a **microwave safe dish**, cut side down.
2. Place 1/2 cup of water in the bottom of the dish.
3. Cover the dish with **wax paper or plastic wrap**.
4. Microwave on HIGH for 10 minutes or until sides give easily when squeezed.
5. Use a fork to scrape out the insides. It looks like spaghetti!



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KITCHEN TIP!

Cooked spaghetti squash can be frozen for later use.