

What to do with... **Spaghetti Squash**



- **Steps to prepare spaghetti squash:**
 1. Wash the squash
 2. Cut the squash in half lengthwise
 3. Remove the seeds and then do one of the following:
 - Boil
 - Sauté
 - Steam
 - Roast
- **Store at room temp up to 1 month in dry, dimly lit area (ex: pantry or cupboard)**
- **Can be made into squash boats, fritters, casseroles, and hash browns**
- **Winter squash**
- **Has sweet, nutty flavor**
- **Once cooked, inside looks like thin strands of spaghetti (namesake)**

General nutrition information:

- **Great substitute for pasta.**
- **Offers anti-oxidants not found in pasta.**





Recipes

Spaghetti Squash

Nutrition information for 1 cup raw:

- Fiber ~ 9% DV
- Manganese ~ 8% DV
- Potassium ~ 5% DV
- Vitamin B6 ~ 8% DV
- Vitamin C ~ 9% DV
- Vitamin A ~ 2% DV

Buffalo Chicken Spaghetti Squash

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 5 tablespoons distilled vinegar
- 1 teaspoon ground cayenne pepper
- ½ teaspoon salt
- 1¼ pounds chicken thighs, cooked and shredded
- 2 celery stalks, thinly sliced
- ½ bell pepper, diced
- 2 green onions, thinly sliced

Instructions:

- Heat oven to 350°F.
- Place spaghetti squash cut-side down on a baking sheet or pan. Bake for 30-40 minutes or until squash is tender.
- While the squash is cooking, combine vinegar, cayenne pepper, and salt in a mixing bowl to make homemade hot sauce.
- Once the squash is done cooking, allow to cool slightly before using a fork to gently scrape the squash strands into the mixing bowl. Reserve the squash shells.
- Combine all remaining ingredients. Toss well to coat and spoon into the squash shells.
- Return the stuffed squash to the baking sheet or pan and cook for an additional 10-15 minutes or until heated through.

(Recipe adapted from: <https://therealfoodrds.com/>.)



Nutrition Facts

6 servings per container	
Serving size	1 serving (597g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 390mg	17%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 2mg	10%
Potassium 804mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spaghetti Squash Meatballs

Ingredients:

- 1 pound lean ground beef
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 tablespoon dried thyme
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 14 ounces canned no salt added tomato sauce
- Nonstick cooking spray
- 1 spaghetti squash, cooked (see above recipe for cooking instructions)

Instructions:

- Combine ground beef, ½ tablespoon each of basil, parsley, and thyme, and ¼ teaspoon black pepper, and ⅛ teaspoon salt to a mixing bowl. Shape the mixture into bite-sized meatballs.
- Spray a skillet with nonstick cooking spray and cook meatballs over medium heat for 3-4 minutes.
- Flip meatballs and add the tomato sauce and remaining seasonings. Let simmer in the sauce.
- Once the meatballs are fully cooked, serve over noodles and remaining sauce. NOTE: Spaghetti squash has a high water content and can make your dish watery. If you prefer less watery noodles, try adding the squash strands to your sauce while cooking or drain off excess moisture once the spaghetti squash has cooled after cooking.

(Recipe adapted from: <https://paleomg.com/>.)



Nutrition Facts

12 servings per container	
Serving size	1 serving (266.93g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes g Added Sugars	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.3mg	15%
Potassium 450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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