

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

\*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 ½ 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	
<b>Serving size</b>	<b>1 serving (268.93g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
<b>Total Sugars</b> 6g	
Includes g Added Sugars	
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 2.3mg	<b>15%</b>
Potassium 450mg	<b>10%</b>

\*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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