

# Spaghetti Squash



## Selecting

Spaghetti squash is a yellow oval shaped winter squash. Look for a hard shell with few markings.

Choose ones that are heavy for their size with a dull matte surface. Spaghetti squash range in size from 2 to 4 pounds (1 to 2 kg) and are 8 to 14 inches (20 to 35 cm) long. The larger the squash, the more flavourful it tends to be, and the thicker its strands tend to be once cooked.

## Storing

Squash should be stored in a cool, well ventilated dry spot. They will keep for up to one month.

Once cut, cover with wrap and store in the refrigerator for a couple of days.

## Preparing

Spaghetti squash can easily be baked or microwaved.

To microwave, prick the outside of the squash 5 to 10 times with a sharp knife to create release holes for the steam. Cook on high for 5 to 10 minutes or until soft. Place on a cutting board to cool. Once

cooled, cut the squash in half. Remove seeds. Use a fork to loosen the pale, yellow strands, scraping them into a bowl or plate.

When baking, cut the squash in half, remove seeds and pierce the skin. Place face down on a cookie sheet. Bake in a 375° F oven for 35-45 minutes. Let cool and then use a fork to loosen the strands.

Season and add your favourite sauce. Spaghetti squash can be used in most recipes that you traditionally make with pasta.

## Eating

Spaghetti squash can be eaten on its own with some seasonings, with pasta sauce or used as a base for meatballs.

## Seasonality

Squash is available from January to March and from August to December.

## Nutrition

One cup of spaghetti squash has 42 calories. It is a source of fibre, and contains Vitamin C and Vitamin B6.



Try this delicious recipe for Stuffed Spaghetti Squash!  
[www.halfyourplate.ca/recipe/stuffed-spaghetti-squash/](http://www.halfyourplate.ca/recipe/stuffed-spaghetti-squash/)

