

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/

