

Vegetable Brochure

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Spaghetti Squash

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Overview

Spaghetti squash is grown on a vine in any moderate environment with fresh irrigated soil. This plant has very low amounts of fiber, sodium, and fat making it one of the healthier options compared to actual pasta. It weighs from 4 to 8 pounds on average.



Nutrition Facts

Spaghetti squash contains only 20 calories per plant and has high amounts of protein. It also holds vitamin A and potassium as well as only having 10 grams of carbohydrates.

Harvesting

1. Watch for the color of spaghetti squash to change from creamy off-white to dark, golden yellow.
2. Scratch the rind with your fingernail.
3. Harvest spaghetti squash by cutting the stem with garden shears or pruners.



Stuffed Spaghetti squash

Directions:

1. Preheat oven to 350°F.
2. Cut squash in half, scoop out and discard seeds. Brush with olive oil and place flesh-side-down in large baking dish.
3. Bake 45 minutes, or until softened.
4. Meanwhile, heat nonstick skillet over medium heat. Add ground beef, pepper, onion and garlic. Cook 5-7 minutes, or until beef is cooked through. Drain and add tomatoes, salt and Italian seasoning. Let simmer 10 minutes.
5. Remove squash from oven and shred with fork. Add beef mixture to squash, top with cheese and bake 10 minutes, or until cheese is melted.



<http://www.livestrong.com>
<http://www.foodnetwork.com>

