

Spaghetti Squash

A veggie rich in fiber, Vit B6, Vit C, manganese, and potassium. This veggie is perfect in side dishes or as an ingredient in the main entrée. After roasting to perfection, try serving alongside your favorite whole grain and meatballs, then top with sauce of choice.

Ingredients:

1 large	Spaghetti squash
2 tbsp	Extra virgin olive oil
Pinch	Salt
Pinch	Ground black pepper
Optional	Pesto, red sauce, alfredo, oregano & lite butter
Topping	
Optional Lean Protein	Shredded chicken, marinated tofu, lean Italian sausage, turkey meatballs, shrimp

Directions:

1. Cut squash in half lengthwise. Scoop out seeds and ribbing; discard.
2. Optional Step: sprinkle with salt and let sit for 30 minutes. Soak up exceeded moisture by dabbing with paper towel. This helps to draw out water to reduce “mushy” texture of noodles.
3. Preheat oven to 400 degrees F.
4. Brush flesh of squash with olive oil. Sprinkle with salt and pepper.
5. Line baking sheet with parchment paper and face squash cut side down. Poke holes in the skin using a fork.
6. Roast 40-50 minutes or until squash is tender and lightly brown. During this time, prepare your protein and sauce of choice.
7. Remove from oven and place cut side up. Be careful, as the squash is hot, but begin to scrape flesh with fork. Start on one side of each squash halve and work your way to the other side. Scrap and fluff the flesh until all flesh is removed.
8. Serve with your cooked protein, sauce, and whole grain of choice! Enjoy!

Nutrition Facts:

Serving Size: 1 cup spaghetti squash

Servings: About 3

Spaghetti Squash		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	121.7 kcal	6 %
Total Fat	9.4 g	14 %
Saturated Fat	1.3 g	7 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	131.5 mg	5 %
Total Carbohydrate	10.1 g	3 %
Dietary Fiber	2.2 g	9 %
Sugars	3.9 g	
Protein	1 g	2 %
Vitamin A	3 % • Vitamin C	9 %
Calcium	3 % • Iron	3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		