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 entree. 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 Topping: Pesto, red sauce, alfredo, oregano & lite butter
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