

# HOW TO COOK SPAGHETTI SQUASH

## INGREDIENTS

- Large spaghetti squash

## DIRECTIONS

Spaghetti squash is a good alternative to pasta, potatoes, or rice. The cooked squash flesh shreds into threads like thin spaghetti or vermicelli, hence its name. On average, a spaghetti squash measures about 12 inches in length and about 6 inches in diameter. The squash should be an even light yellow color and firm with no bruises. Store whole at room temperature up to 3 weeks. Spaghetti squash is available year-round with peak season in fall.



Spaghetti squash has a very mild flavor, thus it is usually served with a sauce of some sort. It may also be enjoyed simply with salt and a bit of butter. Cooking the squash is very simple.

- When cool enough to handle, cut spaghetti squash in half lengthwise with a serrated knife
- Prick the spaghetti squash all over with a skewer so it will not burst while baking.
- Place whole squash in a shallow baking pan.
- Bake in preheated 375 F oven for 1 hour.
- Scoop the seeds and fibrous strings from the center of the cooked spaghetti squash
- Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands.
- Cooked spaghetti squash is usually served with a sauce or gravy
- Vinaigrette, pesto sauce, and pasta sauce are great options to try
- It may be served alone as a side dish with the addition of salt, pepper, and butter.

## SPAGHETTI SQUASH LASAGNE

### INGREDIENTS

- 4 cups cooked spaghetti squash
- 1 lbs browned ground beef (lean) or ground turkey
- 1 1/2 cups spaghetti sauce – no sugar added
- 3 cups cottage cheese
- 1 onion, chopped and sautéed
- 2 cups spinach, fresh or defrosted frozen
- 1 tsp. butter or oil
- Salt and pepper to taste
- Pine nuts (*optional*)

### DIRECTIONS

- place cooked spaghetti squash strands in 9x13 casserole dish
- layer each remaining ingredient in dish sprinkle pine nuts on top and place in oven for 5-10 minutes until hot all the way through.

