

Suggested Veggie of the Month: Spaghetti Squash

January 2018



Spaghetti squash is known for its spaghetti-like cooked flesh that is mild in flavor.

It makes the perfect vegetable substitute for spaghetti noodles providing about 3 grams of fiber per 6 ounce (3/4 cup) serving.

Packed with nutrients such as folic acid, potassium, vitamin A and beta carotene.

When raw the flesh is solid and similar to other raw squash, but once cooked the flesh can be forked out in ribbons or strands like spaghetti.

Source: <https://www.livestrong.com/article/86012-spaghetti-squash-nutrition-value/>

Spaghetti Squash & Spinach Pie

Provided by: Sodexo

Instructions

- 2 tablespoon canola oil
- 3 cloves garlic (minced)
- 6 ounces spinach
- 2 ounces mushrooms (roasted)
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ cup fresh basil (chopped)
- 2 1/3 pound spaghetti squash
- 1 ounce green onion, scallion (chopped)
- 2 eggs
- 16 ounces ricotta cheese (part-skim)
- 3 ½ ounces parmesan cheese



Instructions

- Preheat oven to 350 degree F convection oven (400 degree F standard oven).
- Cut spaghetti squash in half lengthwise and scoop out sides. Place cut sides down on a parchment lined sheet pan. Roast in oven for 45 minutes or until fork tender.
- Use a fork, scrape out strands into a large bowl and set aside.
- Blanch spinach in boiling water for 1 minute. Remove from water and quickly plunge into ice water bath.
- Add the spinach, mushroom, garlic, salt, pepper, oil to the spaghetti squash. Mix gently to combine
- Combine ricotta, egg, green onion and basil.
- Spray pan and evenly spread ½ the vegetable mixture. Top with parmesan cheese and then top with ricotta cheese mixture. Top with the remaining vegetable mixture.
- Cover with foil and back in oven for 35 minutes. Remove foil and top with parmesan cheese and bake for additional 20 minutes
- Remove from oven, allow to rest prior to serving.

Nutritional Facts

Per serving (makes 6-8): 210 calories, 13 g Tot Fat, 40 mg Cholesterol, 400 mg Sodium, 12 gm Carbohydrates, 2 gm Fiber, 12 gm Protein

HOW TO EAT:

Cooked spaghetti squash is a great substitute for spaghetti noodles topped with your favorite sauce.



Serve Spaghetti squash as a simple side dish, tossed with olive oil, salt and pepper, and pine nuts.



Top cooked spaghetti squash with fish or shrimp for a quick and easy meal.



For questions, please contact Lisa DeToma
Wellnesscenter@uchc.edu or X 8116