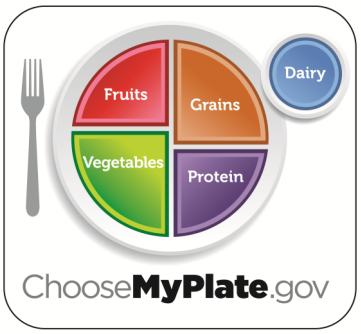

Winter Squash, Spaghetti

MyPlate Food Group: **Vegetable**

USDA Foods

Nutrition Information

- 1 cup of raw spaghetti squash counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Starchy vegetables like spaghetti squash contain carbohydrates which give you energy.
- Spaghetti squash is an important source of many nutrients including vitamin A and antioxidants like lutein which is important for eyesight.

Uses and Tips

- Spaghetti squash can be cubed and roasted in the oven for a hearty side dish.
- Serve cooked, mashed butternut squash as an alternative to mashed potatoes. Get creative and top with raisins, pineapples, or even nuts. Warm in the oven until the squash is warmed and toppings are lightly toasted.
- Spaghetti butternut squash can be used in place of pasta. Cook squash and shred with a fork to get spaghetti-like strands.

Storing Foods at Home

- Do not wash spaghetti squash until ready to eat.
- Spaghetti squash should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.

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USDA Foods

Super Spaghetti Squash Bites
Makes 20 bites

Ingredients:
1 small spaghetti squash
1 cup panko bread crumbs
½ cup grated parmesan cheese
1 egg

Directions: *Wash hands with soap and water.*
1. Preheat oven to 400 degrees F.
2. Cut cleaned squash in half and scoop out seeds.
3. Bake in oven for 40 minutes or until tender. Cook until the squash is done when a fork easily pierces the skin and goes into the flesh. Let cool and scoop out the flesh.
4. Break egg into a medium-sized bowl. Add 1 ½ cups of the cooked squash, bread crumbs, and cheese. Stir until thoroughly blended.
5. Line a cookie sheet with parchment paper. Scoop 1 tablespoon of squash batter to form bite-size balls. Place squash balls on prepared sheet.
6. Bake 15-20 minutes until bottoms are golden brown. Flip and bake another 3 minutes until golden.

Recipe adapted from University of Nebraska-Lincoln

Spaghetti Squash Burrito Bowl
Makes 4 servings

Ingredients:
2 medium spaghetti squash (about 2 pounds each)
2 tablespoons vegetable oil, olive or canola
1 can (15 ounce) black beans, drained and rinsed
2 cups frozen corn, thawed and drained
1 ½ cups fresh bell peppers, chopped
1 ½ cups onions, chopped
½ cup salsa, low sodium
1 teaspoon cumin
½ cup shredded cheese: cheddar, fiesta, or other

Directions: *Wash hands with soap and water.*
1. Preheat the oven to 375 degrees F.
2. Cut stem off each spaghetti squash, then slice squash in half lengthwise. Scoop out seeds and dark orange stringy pulp with a spoon.
3. Brush with oil, and place cut side down on a baking sheet lined with foil. Bake for about 45 minutes, or until flesh is easy to pierce with a fork.
4. Use a fork to scrape the inner fleshy part of each squash half, creating your "noodles". Spoon ¼ of the beans, corn, peppers, onions, and salsa into each squash half. Sprinkle cumin on each, then toss to combine.
5. Top each half with shredded cheese, then stick (cut side up) back in the oven on the baking sheet for about 10 minutes, or until cheese is melted and mixture is heated throughout.

Recipe adapted from SNAP4CT.org

These recipes have not been tested or standardized.