

# SPAGHETTI SQUASH

## Buying & Storing

- Look for hard fruit that is heavy in size and pale in color
- Avoid those with soft spots and green in color
- The average spaghetti squash will yield about 5 cups
- Can be stored at room temperature for about a month
- After cutting, wrap in plastic wrap and refrigerate. Use within 2 days
- Pack cooked squash into freezer bags, seal, label and freeze.



## How to Cook Spaghetti Squash

- **Bake it:** Cut squash in half and put it cut side down on a lightly greased baking sheet. Cook squash in a preheated 350°F oven for 30 minutes or until the flesh is tender when poked with a fork or knife.
- **Boil it:** Place squash in a large pot of boiling water. Boil for about 20-30 minutes or until the flesh is tender
- **Microwave it:** Cut the squash in half and remove the seeds. Place cut sides up in a microwaveable dish with 1/4 cup of water. Cover with plastic wrap and cook on high for 10-12 minutes. Depending on the size of the squash, add more cooking time. Let stand for 5 minutes

## Spaghetti Squash

Prep time: 15 min

Cook time: 30 min

Servings: 6

### Ingredients:

- 1 Spaghetti Squash, halved lengthwise and seeded
- 2 tbsp of vegetable oil
- 1 onion, chopped
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tbsp sliced black olives
- 2 tbsp fresh, chopped basil



### Directions:

1. Preheat oven to 350°F. Lightly grease a baking sheet
2. Place squash cut side down on the baking sheet, bake for 30 min in a preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside until cool enough to handle.
3. Meanwhile, heat oil in skillet over medium heat. Sauté onion until tender. Add garlic and sauté for 2-3 min. Stir in the tomatoes and cook until warm
4. Use a large bowl to scoop out the pulp of the squash and combine with the sautéed vegetables and the other ingredients; feta cheese, olives and basil

### Variations

Add other mixed vegetables. Make sure you use contrasting colors.