



# Spaghetti Squash

**Plant:** Spaghetti squash is a large, oval yellow squash. It looks similar to a melon and has mellow, nutty flavor. It is known for its unusual, cooked, yellow flesh that separates into long, translucent strings that resemble pasta when cooked.

**Grow:** Seeds should be sown 2 weeks after the last spring frost or when soil temperatures are at least 60 degrees. The seeds must be planted in loose, fertile, and well-drained soil. Squash seeds should be planted about 5 feet apart, since vines are very long and need space. Spaghetti squash requires full sun and regular watering. Once squash begin to form, it is a good idea place straw or hay below the squash to keep them from rotting on the ground.

**Harvest:** Spaghetti squash is ready for harvest when it reaches 8-9 inches in length, is 4-5 inches in diameter with a pale, yellow color, and snaps easily from the vine. Squash is available for harvest August through March.

Nutrition Facts	
Serving Size: 1 cup (155g)	
Amount Per Serving	
Calories	42
	Calories from Fat 4
% Daily Value*	
Total Fat	0.4 g 1%
Saturated Fat	0.1 g 0%
Trans Fat	
Cholesterol	0 mg 0%
Sodium	393.7 mg 16%
Potassium	181.35 mg 5%
Total Carbohydrate	10.01 g 3%
Dietary Fiber	2.17 g 9%
Sugars	3.92 g
Sugar Alcohols	
Protein	1.02 g
Vitamin A	170.5 IU 3%
Vitamin C	5.43 mg 9%
Calcium	32.55 mg 3%
Iron	0.53 mg 3%

## Nutrition Information:

Spaghetti squash is a good source of vitamin C, vitamin A, niacin, pantothenic acid, manganese, and vitamin B6. It is high in fiber, which promotes satiety regulates blood sugar, and helps to act like a broom to remove cholesterol from your body.

**How to Prepare:** Spaghetti squash may be halved, seeds removed, flesh pricked with a fork, then steamed or baked with a small amount of water. Spaghetti squash may be served in lieu of pasta or topped with sautéed vegetables or Parmesan cheese. Store spaghetti squash in a cool, dry place.



## Spaghetti Squash with Basil and Parmesan

**Yields:** 4 servings

**Serving size:** ½ cup

### **Ingredients**

- 1 ½ pound spaghetti squash
- ¼ cup freshly grated parmesan cheese
- ¼ tsp dried basil
- ¼ tsp salt
- ¼ tsp pepper

### **Preparation**

1. Preheat oven to 350°F. Place whole squash on oiled or sprayed sheet pan. Bake for 45 minutes or until fork tender. Once cooled enough to touch, split in half lengthwise and remove seeds. Shred squash flesh with fork.
2. Add parmesan cheese, basil, salt, and pepper. Toss evenly to coat.

### **Nutrition Facts per Serving:**

45 calories, 1.5 g fat, 7 g carbohydrates, 2 g fiber, 2 g protein