

SPAGHETTI SQUASH

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Spaghetti squash can range in color from creamy white to yellow to orange. They have solid flesh that flakes off when cooked, resembling spaghetti.
- Select spaghetti squash that are firm and dry with the stem intact. Avoid shininess, soft spots, and cracks.
- 1 cup of spaghetti squash contains:
 - 16% of your recommended daily value of vitamin B6 to support immune and nervous system function.
 - 6% of your recommended daily value of magnesium to regulate muscle and nerve functioning.



PREPARE

Wash and dry. Cut in half, scoop out seeds, and roast. Shred the flesh with a fork.

Try spaghetti squash:

- *Roasted and flaked* as a substitute for pasta.
- *Baked and stuffed* with meats and vegetables.
- *Roast* seeds to top soups and salads or as a snack alone.

STORE

- Wrap pieces and flakes tightly in plastic wrap or place in a sealed container.
- Refrigerate in produce drawer (if available) up to 5 days or freeze.