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.

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