



NUTRITION &
FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE

At Home

Spaghetti Squash

Fun Facts about Spaghetti Squash:

- Spaghetti squash doesn't taste like traditional spaghetti. Its name comes from the fact that when cooked, it naturally forms long, thin strands that resemble spaghetti noodles.
- Also called vegetable spaghetti, a spaghetti squash typically weighs 2-3 pounds. It averages about nine inches in length.
- Spaghetti Squash is native to Central America and was introduced to the rest of the world via explorers and trade routes by land and sea. However, it gained popularity in 1934, when it was used as a pasta substitute during World War II when processed foods were scarce.



Spaghetti Squash Nutrition:

- Spaghetti Squash contains a wide variety of nutrients, including:
 - Fiber- supports digestive health and helps maintain satiety
 - Potassium- regulates blood pressure and protects against stroke and heart disease
 - Beta-carotene- an antioxidant that gives squash their bright yellow color and is converted into Vitamin A in the body. It supports eye health, immune function, growth and development, and disease prevention.
 - Vitamin C- supports the immune system and has antioxidative properties to help protect against cell damage.
- It has no fat, sodium, or cholesterol.

Q: What did the linguini say to the spaghetti squash?
A: IMPASTA!

How many ways can you think of to enjoy Spaghetti Squash? The PASTA-bilities are endless! Here are a few fun ideas:

1. Roast the squash and serve topped with marinara sauce, meatballs, and grated parmesan cheese.
2. Bake in a casserole with broccoli, cheddar cheese, and chicken.
3. Combine black beans, corn, tomatoes, and Mexican spices to create a Tex-Mex squash boat.
4. Use the squash "noodles" in Pad Thai.



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Simple Roasted Spaghetti Squash in 7 Steps:

- 1 Pre-heat re-heat oven to 400°F. Rinse the squash under cool water to remove outside dirt & germs.



- 2 Use a sharp knife to cut squash in half lengthwise.

TIP: If your squash is too hard to cut, prick it all over with a fork and soften it slightly in the oven or microwave before slicing it in half.



3

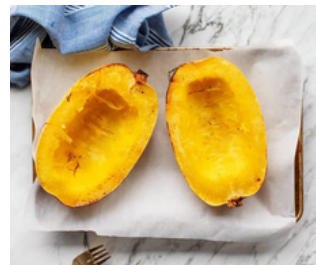
Use a spoon to scoop out the seeds.

- 4 Drizzle the insides lightly with olive oil and sprinkle with salt and pepper.



5

Poke a few holes in the skin of the squash with a fork and place it cut side down on a baking sheet.



6

Bake in oven for about 30-40 minutes until squash is tender.

7

Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash. Serve as desired.



Watch a
step-by-step
[VIDEO](#)