



SPAGHETTI SQUASH

DID YOU KNOW?

- Spaghetti Squash is a unique winter variety squash that is a member of the Cucurbitaceae family, along with pumpkins, zucchini, and gourds.
- Spaghetti Squash is medium in size with an oblong shape and yellowish coloring. Inside is a thick large cavity filled with stringy pulp and flat, cream-colored seeds.
- Spaghetti Squash has a very mild, almost neutral flavor.
- Spaghetti Squash is an excellent source of fiber.

FUN FACT!

Also known as Vegetable spaghetti, Noodle squash, Mandarin squash, and Vegetable marrow, Spaghetti squash is favored for its unusual noodle-like texture.



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