

Spaghetti Squash

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Spaghetti squash is a winter squash that is golden yellow, shaped like a small watermelon and ranges in size from 2 to 5 pounds. It is also called vegetable spaghetti. When cooked, the flesh separates in strands that resemble spaghetti pasta.

Nutritional Value: One cup of cooked spaghetti squash provides about 42 calories, 10 grams of carbohydrates, and other nutrients such as vitamin A and potassium.



Super Spaghetti Squash Bites

- 1 small spaghetti squash
- 1 egg
- 1 cup panko breadcrumbs
- ½ cup grated parmesan cheese

1. Wash hands with soap and water. Preheat oven to 400 °F.
2. Scrub spaghetti squash with a clean vegetable brush under running water. Cut spaghetti squash in half and scoop out seeds. Place in a shallow baking pan and bake in oven for 40 minutes or until tender (or place cut side down on a microwave safe dish with ½ cup of water. Cover with a lid or plastic wrap and cook on high for 8-12 minutes.) The squash is done when a fork easily pierces the skin and goes into the flesh. Let cool and scoop out pulp.
3. Break egg into a medium-sized bowl. Wash hands with soap and water after cracking raw egg. Add 1 ½ cups of the cooked squash, breadcrumbs and cheese to egg. Stir until blended.
4. Line baking dish with parchment paper. Scoop 1 tablespoon squash batter to form bite-size balls. Place squash balls on prepared dish. Wash hands with soap and water. Place squash balls on prepared dish. Bake 16-20 minutes until bottoms are golden brown. Flip and bake another 3 minutes until golden and squash bites reach 165 °F when measured with a food thermometer.
5. Makes 5 servings (4 bites each). Each serving contains: Calories 120, Total Fat 3.5g, Saturated Fat 1.5g, Cholesterol 32mg, Sodium 230mg, Total Carbohydrates 17g, Fiber 1g, Total Sugars 2g, Protein 6g.

Selecting a squash:

- Summer squash is harvested and eaten while the skin is still tender. Winter squash grows a thick skin, which helps it to stay fresh longer.
- Select winter squash that are heavy for their size. Avoid winter squash that have moist, black, or shriveled stems.
- Winter squash has a long shelf life and if kept in a dry place between 55 and 60 °F, will store for up to 3 months.
- Kids are more likely to eat a new food if they can explore with their fingers. Making squash bites is a great new finger food!

Source: SNAP-ED

Connection:

<https://snaped.fns.usda.gov>