

Super Spaghetti Squash Bites

5 serving

- 1 small spaghetti squash, scrubbed with a clean vegetable brush under running water
 - 1 egg
 - 1 cup panko bread crumbs*
 - ½ cup grated Parmesan cheese
1. Wash hands with soap and water. Preheat oven to 400 °F.
 2. Cut squash in half lengthwise and scoop out seeds. Place on a baking sheet, cut side down.
 3. Bake in oven for 40 minutes or until tender.**
 4. The squash is done when a fork easily pierces the skin and goes into the flesh. Let cool and scoop out the flesh.
 5. Break egg into a medium-sized bowl. Wash hands with soap and water after cracking raw egg. Add 1½ cups of the cooked squash, bread crumbs, and cheese. Stir until thoroughly combined.
 6. Line a baking dish or cookie sheet with parchment paper. Scoop 1 tablespoon squash batter to form bite-size nuggets. Place squash nuggets on prepared dish. Wash hands with soap and water.
 7. Bake 15-20 minutes until bottoms are golden brown. Flip and bake another 3 minutes until golden.
 8. Store leftovers in a sealed container in the refrigerator for up to four days.



*Regular bread crumbs, or crushed cracker crumbs can be used instead of panko bread crumbs.

**For a quicker option, you can cook the squash in a microwave. Place it cut side down in a microwave-safe dish with ½ cup of water. Cover with a lid or microwave-safe plastic wrap and cook on high for 8-12 minutes, or until tender.

Nutrition Information per Serving (4 bites): Calories 120, Total Fat 3.5g, Saturated Fat 1.5g, Cholesterol 40mg, Sodium 230mg, Total Carbohydrates 17g, Fiber 1g, Total Sugars 2g, includes 1g Added Sugars, Vitamin D 0%, Protein 6g, Calcium 6%, Iron 0%, Potassium 2%.