



Learn to Cook: Spaghetti Squash

SERVES 4

Spaghetti squash makes an excellent side dish or a fun substitute in thin noodle recipes, from Asian to Italian. It is loaded with nutrients, such as beta carotene and fiber, and is tender, with just a slight crunch.

Ingredients

1 (about 3 1/2 pounds) spaghetti squash

Method

Preheat oven to 375°F and halve squash lengthwise. Use a spoon to scoop out and discard seeds from the middle of each half.

Arrange squash in a 9- x 13-inch casserole dish, cut sides down. Pour 1/2 cup water into the dish and bake until just tender, 30 to 35 minutes.

Rake a fork back and forth across the squash to remove its flesh in strands...like spaghetti!

See Health Starts Here program materials in store and online



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