



Local

PICK OF THE MONTH

November 2015

Stringy spaghetti squash

Recipe

Spaghetti squash with garden-fresh tomato sauce

Ingredients

- 1 large spaghetti squash
- 5 large tomatoes, chopped
- 1 tsp minced garlic
- 1/4 cup balsamic vinegar
- Pepper, oregano or any other Italian seasoning to taste
- 1/2 cup parmesan cheese

Directions

- Preheat oven to 400 degrees. Cut squash in half and remove the seeds and fibers. Place squash face-down in a baking pan with a small amount of water for 35 to 40 minutes or until squash is tender.
- While the squash is baking, prepare the sauce. In a sauce pan, cook tomatoes, garlic, balsamic vinegar and spices on medium heat for 10 minutes or until the tomatoes are cooked through.
- Remove the squash flesh from the skin and separate with a fork into spaghetti-like strands. Transfer squash into a serving dish. Cover with tomato sauce and top with Parmesan cheese.

Yields four servings.

Nutritional information per serving

130 calories, 3g fat, 240mg sodium, 120g carbohydrates, 3g fiber, 5g protein

Recipe adapted from Recipes from Moms Like You

What's so great about spaghetti squash?

- It can be used as a gluten-free, low-carbohydrate substitute for noodles
- It's a great way to add in another serving of vegetables
- It's fat-free and sodium-free
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What's the best way to eat spaghetti squash?

- Cooked and eaten as noodles
- Added to a stir-fry
- Replacement for noodles in a cold salad
- Stuffed with your favorite ingredients and baked



Selection and preparation

<p>Selection</p> <p>Select a heavy squash with a tough skin. Avoid mold or spots on the skin.</p>	<p>Storage</p> <p>Squash does not need to be washed before storing. Store squash in a cool dry place and it can last up to three months.</p>
<p>Preparation</p> <p>Wash with running water prior to cutting.</p>	<p>Cooking</p> <p>Cut in half and bake flesh side down in a baking pan with a small amount of water. Bake at 400 degrees for 35 to 40 minutes.</p>

Check your local grocery store or fruit stand for fresh spaghetti squash today!