

Harvest of the Month

Spaghetti Squash



FUN FACTS:

This oblong-shaped yellow winter squash actually tastes similar to pasta.

Before cooking, cut in half and scrape out the seeds like you would a pumpkin. Once cooked, scrape out the flesh with a fork into long thin strands that resemble spaghetti noodles. Then enjoy with salt and pepper or your favorite marinara sauce.

Packed with vitamins A and C, in just one cup, spaghetti squash has only 42 calories and 10g of carbs compared to pasta at 197 calories and 40g of carbs.

This institution is an equal opportunity provider.

