



*Local* **PICK OF THE MONTH**

November 2023

# Spaghetti Squash

## Spaghetti Squash with Feta and Herbs

### Ingredients

- 1 spaghetti squash.
- 1 tablespoon olive oil.
- 1 teaspoon dried oregano.
- 1/2 tsp garlic powder.
- 2 tablespoons chopped fresh herbs.
- Zest of 1 lemon plus 1 tablespoon lemon juice.
- 1/3 cup crumbled feta cheese.

### Directions

1. Preheat oven to 400 F. Cut the squash in half lengthwise and scoop out the seeds.
2. Top with olive oil, oregano, salt and pepper.
3. Place squash skin side down on a baking sheet and bake for 35-45 minutes until soft.
4. Allow to cool so it can be handled. Using a fork, scrape the flesh out into a bowl. Toss with remaining ingredients and enjoy!

Yields 4, 1-1/2 cup servings.

**Nutrition information per serving:** 130 calories, 7 g fat, 3 g fiber, 16 g carbohydrates, 3 g protein

Recipe adapted from [reciperunner.com](http://reciperunner.com).

## What's so great about spaghetti squash?

- Spaghetti squash has a mild flavor and unique texture that separates into spaghetti-like strands once cooked.
- Only 40 calories per cup.
- Spaghetti squash is a good source of Vitamin A, Vitamin C, fiber, potassium, and magnesium.



## What's the best way to eat spaghetti squash?

- Baked, stuffed, simmered, or steamed.
- Use the spaghetti-like strands as a substitute for pasta by topping with your favorite protein and sauce.
- Roast the seeds for a delicious and nutritious snack.

## Selection and preparation

<p><b>Selection</b></p> <p>Choose a squash with firm skin that are heavy for it's size.</p>	<p><b>Storage</b></p> <p>Store in a cool, dry, dark place for up to 6 months.</p>
<p><b>Preparation</b></p> <p>Use a sharp knife to cut the squash lengthwise and scoop out the seeds.</p>	<p><b>Cooking</b></p> <p>Bake the squash skin side down until it is easily pierced with a fork.</p>



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