

Fun Food Feature of the Week!

Spaghetti Squash

- Spaghetti squash is a year round vegetable that is most readily available beginning in early fall.
 - It is grown throughout the United States with significant crops on the east and west coastal states.
 - Spaghetti squash is a very low calorie starchy vegetable with only about 80 calories per 8 ounce serving.
 - It is a great source of fiber, vitamin A, folic acid, and potassium.
 - Spaghetti squash can be used similarly to regular spaghetti or pasta. It can be served as a main dish or a healthy side dish.
 - To prepare spaghetti squash, it can be baked, boiled, or microwaved. Slice in half, clean out the inner seeds. Season as desired. Bake or microwave until tender and flesh breaks away from skin in the form of "spaghetti". Cooking time will vary.
- www.fabulousfoods.com



Fun Food Feature of the Week!

Spaghetti Squash

- Spaghetti squash is a year round vegetable that is most readily available beginning in early fall.
 - It is grown throughout the United States with significant crops on the east and west coastal states.
 - Spaghetti squash is a very low calorie starchy vegetable with only about 80 calories per 8 ounce serving.
 - It is a great source of fiber, vitamin A, folic acid, and potassium.
 - Spaghetti squash can be used similarly to regular spaghetti or pasta. It can be served as a main dish or a healthy side dish.
 - To prepare spaghetti squash, it can be baked, boiled, or microwaved. Slice in half, clean out the inner seeds. Season as desired. Bake or microwave until tender and flesh breaks away from skin in the form of "spaghetti". Cooking time will vary.
- www.fabulousfoods.com



Herbed Spaghetti Squash

1 spaghetti squash (2 1/4 pounds)

Butter or margarine (I would use the spray for less calories)

2 1/2 Tablespoons of finely chopped herbs including basil, chives, chervil, parsley, and sage

1/2 teaspoon salt

1/8 teaspoon pepper



Slice squash in half and remove seeds. Place in glass baking dish, flesh side down with water covering the bottom of the dish. Cover with foil and bake at 375° for one hour. When fully cooked, remove flesh from skin and put in a bowl. Toss with butter, herbs, salt, and pepper. Spray a skillet with cooking spray. Add squash mixture to pan and sauté until herbs and squash are well blended and thoroughly heated. Serve immediately.

Serves 4 Exchanges: 1 starch, 1/2 fat

Herbed Spaghetti Squash

1 spaghetti squash (2 1/4 pounds)

Butter or margarine (I would use the spray for less calories)

2 1/2 Tablespoons of finely chopped herbs including basil, chives, chervil, parsley, and sage

1/2 teaspoon salt

1/8 teaspoon pepper



Slice squash in half and remove seeds. Place in glass baking dish, flesh side down with water covering the bottom of the dish. Cover with foil and bake at 375° for one hour. When fully cooked, remove flesh from skin and put in a bowl. Toss with butter, herbs, salt, and pepper. Spray a skillet with cooking spray. Add squash mixture to pan and sauté until herbs and squash are well blended and thoroughly heated. Serve immediately.

Serves 4 Exchanges: 1 starch, 1/2 fat