

Recipe of the Month – August 2023

Spaghetti Squash

Serves: 4

Serving Size: 1/2cup

Cost per Serving: \$1.31

Ingredients:

1 medium spaghetti squash (3-4 pounds)

1/2 cup water

Optional: 1 tablespoon butter or oil (canola, olive or vegetable), 1 teaspoon garlic powder, Parmesan cheese, pasta sauce



Directions:

1. Preheat oven to 400F.
2. Wash spaghetti squash and pat dry.
3. Pierce the squash several time with a sharp knife. Place on microwave safe plate or dish.
4. Microwave the squash on high for 6-8 minutes. Allow it to cool enough to be touched.
5. Cut off the top inch of the squash including the stem.
6. Cut the squash in half lengthwise. Scoop out the seeds and throw away.
7. Place the squash halves cut side down in a baking dish. Pour water.
8. Bake for 30 minutes. Pierce squash skin with a fork. It is done if the fork easily pierces the squash. If not, bake an additional 10-15 minutes until tender.
9. Turn the squash cut side up. Use a fork to pull the squash "noodle" from the skin.
10. Toss with butter or oil and garlic powder if desired. Top with Parmesan cheese or pasta sauce.

Nutrition Facts per Serving: 90 calories, 1g total Fat (0g sat. fat),

0mg.Cholesterol, 60mg Sodium, 22g Carbohydrates, 5g Fiber, 9g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and
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