



Spaghetti Squash with Herbs

Yield: 8 servings

Spaghetti squash has a unique texture that shreds into spaghetti-like strands when cooked. Just cook, season and enjoy!

Ingredients:

- 1 (3 pound) spaghetti squash
- 1 tablespoon fresh parsley, minced
- 2 teaspoons margarine
- ½ teaspoon dried whole basil
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- Dash of dried whole sage
- Fresh basil sprig



Directions:

1. Wash squash and cut in half lengthwise. Remove and discard seeds.
2. Place squash, cut sides down, in a Dutch oven. Add water to pan to depth of 2 inches.
3. Bring to a boil, reduce heat, and simmer 20-25 minutes, or until squash is tender. Drain squash and let cool.
4. Using fork, remove spaghetti-like strands from squash. Discard shells.
5. Place strands in a serving bowl and add parsley, margarine, and other seasonings.
6. Gently toss and serve.

Nutrition Facts: Calories: 50; Total Fat: 1.5g; Saturated Fat: 0g; % of Calories from Fat: 27%; Cholesterol: 0mg; Carbohydrates: 9g; Dietary Fiber: 2g; Sodium: 105mg; Protein: 1g

Each serving provides a good source of vitamins C and K

Source: University of Illinois Extension Family Nutrition Program.



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