



A Nutrition Resource

CHEESY SPAGHETTI SQUASH

Yield: 6 Servings | Serving Size: 3/4 cup

Ingredients:

- 1 spaghetti squash (around 3 pounds)
- 1 teaspoon olive oil
- 1/2 cup parmesan cheese
- Black pepper

Directions:

- 1) Preheat oven to 375°F.
- 2) Rinse spaghetti squash with plenty of running water. Scrub any visible dirt off.
- 3) On a cutting board, carefully cut the spaghetti squash in half, lengthwise.
- 4) Scoop out and discard seeds (or roast them separately if you would like).
- 5) Rub olive oil on the cut sides of the spaghetti squash.
- 6) Place squash on a lined baking sheet with the inside of the squash facing down.
- 7) Bake for 40 minutes. Test that it is done by pressing the squash skin with a fork. The squash should give under a small amount of pressure.
- 8) Let the squash cool for 10-15 minutes before handling, then use a fork to fluff the spaghetti squash into a noodle-like shape.
- 9) In a large bowl, gently mix the spaghetti squash "noodles", parmesan cheese, and black pepper to taste.
- 10) For the best flavor, serve while hot.

Tips: To make a complete meal, add your favorite protein, veggies, and other seasonings as desired. This dish pairs well with roasted chicken and broccoli.

Nutrition Facts

6 servings per container
Serving size 3/4 cup (238g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 171mg 15%

Iron 1mg 6%

Potassium 276mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION