What’s Fresh:

Spaghetti Squash

Use a fork to scrape out the inside of cooked squash— the strands resemble spaghetti!

Storage Tips:
Store whole in a cool & dark place at room temperature.
If only using half, wrap the other half in plastic wrap and store in the refrigerator.

Preparation Tips:
- Be cautious when cutting. The squash can be microwaved for 2-5 minutes for easier cutting.
- Cut off the stem to create a flat surface. Hold the squash steady (flat side down) and cut in half lengthwise from the stem to the tail.
- Use a spoon to scoop out the seeds and stringy flesh from inside the squash.
- Be careful not to dig into the flesh of the squash— that is the part you want to eat; the inside should look clean & smooth.
- After cooking the squash (see below), use a fork to scrape out the inside flesh in strands and discard the skin.

Ways to cook spaghetti squash:
- **Bake it.** Preheat the oven to 400°F. Cut off the stem, then cut the squash in half from stem to tail. Place halves in a baking dish, cut-sides down. Fill the dish with 1/2 cup of water. OR, lightly oil a baking sheet or coat with non-stick spray, then place the squash halves face-down on the tray. Bake for 35-45 minutes. Remove from the oven and let rest until cool enough to handle. Use a fork to scrape out the flesh in long strands. Season with salt & pepper.

- **Microwave it.** Pierce the skin all over with a fork or knife to allow steam to escape. Place the whole squash in a microwave-safe dish and microwave on high for 5 minutes. Remove; slice off stem and cut squash in half lengthwise from stem to tail. Scoop out the seeds and stringy flesh. Place the squash halves cut-side down in the baking dish (depending on the size, you may need to cook each half separately). Fill the dish with about 1 inch of water. Microwave on high for 5 minutes. The squash is done when the skin can be easily poked with a fork. Microwave for an additional 2-5 minutes if needed. Remove and let cool slightly, then use a fork to remove the inside flesh in strands & season.

See more recipes on the back
**Spaghetti Squash with Tomato Sauce***

**Ingredients:**
1 spaghetti squash 1 (14.5-oz.) can diced tomatoes or tomato sauce
1 tablespoon oil 1 teaspoon Italian seasoning (basil & oregano)
1 onion, chopped 1/4 cup parmesan cheese (optional)
2 garlic cloves, minced (or 1/2 tsp garlic powder)

**Directions:**
1. Cook the squash in the oven or microwave following the instructions on the front of this sheet.
2. While the squash cooks, prepare the sauce.
3. Heat oil in a saucepan over medium-high heat. Add onion and cook, stirring frequently until soft and slightly browned, about 5-7 minutes. Add garlic and cook for 1-2 more minutes, stirring so you do not burn it.
4. Add canned tomatoes and Italian seasoning. Bring to a boil.
5. Reduce heat to low and cook for 5 minutes, stirring often.
6. Use a fork to scrape spaghetti-like strings from the meat of the cooked squash into a large bowl.
7. Add sauce and mix to combine. Top with parmesan cheese if desired.

**Spaghetti Squash Burrito Bowls**

**Ingredients:**
2 spaghetti squash 1 (15-oz.) can of corn, drained & rinsed
2 tablespoons oil 1 teaspoon cumin (optional)
1 onion, diced 1 teaspoon chili powder (optional)
1 bell pepper, diced 1/2 teaspoon salt
1 (15-oz.) can diced tomatoes, drained 1 (14.5-oz.) can of beans, drained & rinsed
1 (14.5-oz.) can of beans, drained & rinsed 1 cup shredded cheese for topping (optional)

**Directions:**
1. Cook the squash in the oven or microwave following the instructions on the front of this sheet.
2. While the squash cooks, prepare the burrito mixture.
3. Heat oil in a skillet or pan over medium heat. Add onion and pepper; cook 3-5 minutes, stirring frequently, until soft. Add drained tomatoes, beans, corn, cumin, chili powder, salt and pepper. Cook, stirring frequently, for 5-7 minutes longer.
4. When the squash is done cooking, cool a few minutes before handling. Using a fork, scrape out the squash into a serving dish (if you are going to top this dish with cheese, make sure the serving dish is oven or microwave safe).
5. Spoon the burrito mixture evenly over the top of the spaghetti squash.
6. If using, top the dish with a layer of cheese. Use your oven (set to broil) or microwave to melt the cheese.
7. Serve warm!