

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.

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