

SPAGHETTI SQUASH

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Why it is good for you

- Low carbs
- Low calories
- Vitamin A
- Vitamin C
- Low sodium



Did you know

- Helpful for people with high BP
- Has essential minerals like calcium, iron, phosphorus, and zinc.
- Omega 3's and Omega 6 fats.

FUN FACTS

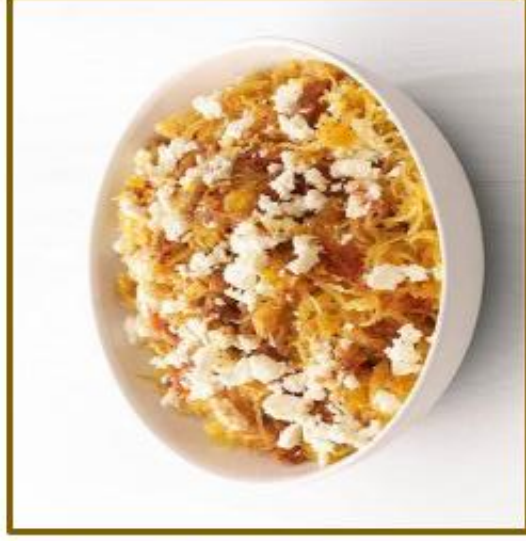
- Contains 457% daily intake of Vitamin A
- Contains 52% Vitamin C daily intake

Shopping Details

- Found in the vegetable section of the store.
- Year round purchase, best in the fall.
- \$.70-\$2.00 per pound

Recipe: spaghetti squash with feta

- 2 halved, seed spaghetti squash in a microwave bowl
- Add ¼ cup water, cover and microwave for 16 mins.
- Let cool slightly, then scrape into strands with a fork.
- Heat 2 tablespoons of olive oil in a skillet over med. heat.
- Add 2 tablespoons of tomato paste, ½ teaspoons dried oregano,
- A pinch cinnamon and sugar.
- Cook but stir every 2 mins.
- Add ½ cup of water and bring to a simmer; S
- eason with salt. Add squash, toss.
- Top with feta.
- Recipe by food network



Serving Size

- 1 cup= 42 calories
- 28 mg sodium
- 10g carbs
- 2g fiber
- 4g sugars
- 1g protein