

Herb Roasted Spaghetti Squash

November 2019

Harvest of
the Month 



Ingredients

- 1 large spaghetti squash
- 1/4 cup onion, finely chopped, OR
- 1 Tablespoon dried, minced onion
- 1 teaspoon garlic powder
- 1 Tablespoon Italian seasoning (optional)

Spaghetti Squash Tips

- Choose squash with yellow skin. Green spots means it is not ripe yet.
- Store squash in a cool, dry place for up to 3 weeks.
- To prepare squash, boil, bake, steam or microwave until soft.

Directions

1. Preheat oven to 425 degrees.
2. Use a knife to pierce the skin of the squash and microwave it for 3 minutes. This makes it easier to cut.
3. Cut squash in half and scoop out the seeds.
4. Place squash on baking sheet with cut side facing down. Bake for 40 minutes.
5. Place in onion in pan on stove. Add 1 Tablespoon water. Cook on medium heat for a few minutes until clear.
6. Remove squash from oven. Use a fork to fluff the insides. Add the herbs and spices. Toss it to mix it up.

SERVING SIZE: ½ cup
SERVINGS: 6
PREP TIME: 10 minutes
COOK TIME: 1 hour

Nutrition Facts

Amount Per Serving	
Calories	27
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	13mg
Total Carbohydrate	7g
Fiber	1g
Sugar	2g
Includes 0g of Added Sugars	
Protein	1g
Phosphorus	15mg
Potassium	123mg



This recipe was created by the dietetics students of Mt. Mary University as part of their "Healthy Shelves" initiative.



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