

# Taste Test: Spaghetti Squash



The spaghetti squash, also known as vegetable spaghetti, noodle squash, and gold string melon, is grown all over Canada. It is commonly found in farmers markets and grocery stores during harvest season (at the end of August and during the fall season). Spaghetti squash is easy to prepare and is a great way to add colour and fun to your plate!

## Fun Fact

Spaghetti squash is full of vitamins and minerals, and is low in calories.

## How to Choose:

- Look for spaghetti squash with shiny, pale, lemon-yellow skin.
- If the squash is white or green, it is not ripe.

## How to Prepare:

- Spaghetti squash can be baked, boiled, steamed, or microwaved.
- Cut the squash in half, lengthwise, scoop out the seeds, place enough water to cover the bottom of the pan, place face down on a baking sheet, pierce skin with a fork, and bake (350°F for 45 minutes) until flesh is soft and scoops out easily with a fork.

## How to Store:

- You can store whole spaghetti squash in a cool, dry place for up to 3 months. Refrigeration can speed up spoiling.
- Cooked spaghetti squash should be wrapped in plastic, and refrigerated for up to 2 days.

## Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try spaghetti squash again>

YES     NO

## Ideas for Serving Spaghetti Squash

- Try new recipes of your own creation.
- Mix squash with your favourite cheeses, spices, and vegetables after you cook it to add your own personal touch.
- Spaghetti squash can be used as a substitute for spaghetti pasta noodles to make a light side dish instead of a large meal.

### Spaghetti Squash with Tomato-Basil Sauce

Makes 6 servings

#### Ingredients:

- 1 spaghetti squash
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 1 can no-salt-added diced tomatoes
- 1 can diced tomatoes
- ½ cup chopped fresh basil, divided
- 6 Tbsp shredded pecorino Romano cheese



#### Directions:

1. Preheat the oven to 350°F. Cut squash in half, lengthwise. Scoop out seeds and discard them. Place squash halves, cut sides down, on a baking sheet. Bake for 1 hour or until tender.
2. Heat oil in a medium saucepan over medium heat. Add garlic; cook 3 minutes, stirring occasionally. Add tomatoes; bring to a simmer. Cook for 15 minutes or until thickened. Remove from heat; stir in 1/3 cup basil.
3. Cool squash at room temperature for 10 minutes or until cool enough to handle. Scrape out the spaghetti squash with a fork (about 5 cups). Divide squash evenly among 6 plates. Top each serving with 1/3 cup of sauce and 1 tbsp cheese. Top with remaining basil.

Recipe adapted from <https://www.myrecipes.com/recipe/spaghetti-squash-tomato-basil>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).