

CO-OP MEALS

Dinner in 30

Quick Spaghetti Squash

Inspiration from thekitchn.com

Serves 4

Shopping List:

- 1 spaghetti squash (~3½-5 pounds)
- Sauce, such as Scarpetta puttanesca
- (Optional) additional protein, such as lentils, beans, diced tempeh, ground beef, turkey, or chicken

Pantry items:

- Parmigiano-Reggiano cheese (over for more details)
- Water
- Baking dish or tray with high sides

Prep:

Pierce the skin of the squash a few times with a fork and microwave for 3-5 minutes.

Slice off the stem end, cutting off enough to create a flat surface to place on the cutting board. Stand the squash up slice squash in half length-wise.

Remove seeds and place squash halves face down in the baking dish or pan. Add about ½ inch of water and place back in microwave.

Cook:

Cook on high for 8-10 minutes. You should be able to scrape out the insides of the squash to make spaghetti-like strings.

Do not over-cook or the squash will get too soft to make strings! If slightly under-done, scrape out what you can and place back down in the water to cook additional 2-4 minutes.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Make it a Complete Meal:

Combine carbohydrate, fat, and protein in every meal and snack whenever possible to balance blood sugar and increase satiety.

Vegetables contain carbohydrates as well as some protein. There is protein in this recipe in the squash, sauce, and cheese, but you could add more (see "optional ingredients"). Parmesan cheese also provides fat.

• A Versatile Veggie:

Spaghetti squash is a great way to get more veggies while feeling like you're eating pasta! Experiment with your favorite pasta recipes, simply substituting pasta for spaghetti squash.



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