

Spaghetti Squash

Vegetables, Italian, Kid-Friendly, Diabetic Friendly

You'll be pleasantly surprised by how spaghetti-like this vegetable can be!

Makes 8 servings | Serving size: 1 cup
Prep Time: 3 minutes | Cook Time: 50 minutes
Total Price: \$3.72, Price per serving: \$0.47

1 large (4 lb) spaghetti squash
2 tbsp olive oil
salt and pepper



Preheat oven to 425F. Cut squash in half (it'll take some arm strength!) Scoop out seeds. Rub inside with olive oil and sprinkle lightly with salt and pepper. Place flesh side (inside part) down on baking sheet and bake for 45-50 minutes, until you can pierce a fork through the flesh all the way to the skin. Allow the squash to cool for at least 10 minutes before handling. Once slightly cooled, scrape the flesh out with a fork—you'll be amazed how it shreds into spaghetti-like strands!

Nutrition per 1 cup serving, plain	Spaghetti Squash	Whole Wheat Spaghetti	Plain Spaghetti
Calories	42 cal	174 cal	221 cal
Carbs	10g	37g	43g
Protein	1g	7g	8g
Fiber	2g	6g	3g
Fat	0g	1g	1g

Spaghetti squash is a fantastic, low-carb, low-calorie option. Although whole-wheat spaghetti has more carbs and calories, it packs a great punch of protein and fiber, and served in moderation is great for those who are not on a low-carbohydrate diet.