

HOW TO USE SPAGHETTI SQUASH

- Choose firm, solid squashes that do not give.
- Larger spaghetti squashes have thicker strands and are usually more flavorful.
- Spaghetti squash will keep for weeks or months in a well ventilated, dry area at 50 to 60°F but should not be kept below 50°F.
- Cut the squash in half lengthwise and remove the seeds and pulp in the center before cooking.
- When baking, roasting or microwaving, put the cut side down and cook until crisp tender - about 3 to 6 minutes microwaving, 30 to 45 minutes baking.
- Steam by placing the cut side up in a couple inches of water in a covered dish/pan or cut side down in a vegetable steamer.
- Use a fork to scrape the strands of cooked squash out of the inedible shell.
- To serve hot, top the cooked strands with your favorite pasta sauce.
- To serve cold, chill the cooked strands and toss with a vinaigrette dressing, herbs, and fresh vegetables like you would for a pasta salad.
- For additional recipes, visit www.paveggies.org.