

Squash and Citrus Slaw

Serves 4 to 5

1/2 medium-size spaghetti squash
1/4 cup orange juice
1 tablespoon rice vinegar
1 teaspoon sugar (or to taste)
salt and pepper to taste
2 tablespoons chopped cilantro
1/4 cup chopped red bell pepper
1 green onion, chopped

Place squash, cut side down, on microwave-safe plate. Add a few tablespoons of water; cover; and microwave on high for 2 or 3 minutes until the flesh is crisp but can be separated with a fork. Let stand 2 minutes. Discard seeds and pull flesh apart with fork to create strands (2 cups to 2 1/4 cups needed). Cool. Combine orange juice, vinegar, sugar, salt and pepper in salad bowl. Add squash strands, cilantro, red pepper and onion. Toss to blend and chill well.

Frances Dietz, York

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Vegetable Marketing & Research Program

717-694-3596
www.paveggies.org