



# SPAGHETTI SQUASH

## IN SEASON

September - November

## HOW TO SELECT

Choose a squash that is firm & free of spots & cracks. It should be heavy for its size & have a firm, dry, rounded stem.

## HOW TO STORE

Store squash in a cool, dry place up to 3 months. Avoid refrigeration as it will make the squash spoil quickly.

## HELPFUL TIPS

To make squash easier to cut wrap in a wet paper towel & microwave 2-3 minutes. Try substituting spaghetti squash for pasta in your favorite recipes!

# SPAGHETTI SQUASH MAC



## Nutrition Facts

Serving size: 1/8<sup>th</sup> recipe (286g)  
 Servings Per Recipe 8

### Amount Per Serving

**Calories 190**    **Calories from Fat 70**

#### % Daily Value

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>15%</b>
Trans Fats 0g	
<b>Cholesterol</b> 40mg	<b>15%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 6g	
<b>Protein</b> 18g	
<b>Vitamin A</b> 6%	<b>Vitamin C</b> 45%
<b>Calcium</b> 20%	<b>Iron</b> 6%

**25 MIN | SERVES 8**

## INGREDIENTS:

- 1 medium **SPAGHETTI SQUASH**
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 1 lb boneless, skinless chicken breasts, diced
- 1 (8 oz) carton mushrooms, sliced
- 2 cups broccoli florets
- 2 tsp chipotle pepper powder
- 1 cup 1% low-fat milk
- 1 Tbsp whole-wheat flour
- 1 cup shredded reduced-fat cheddar cheese
- 1/2 cup grated parmesan

## PREPARATION:

1. In a microwave safe baking dish, add 1 inch of water. Cut squash in half, scoop out seeds & poke holes in both sides of squash using fork. Place squash face down in dish. Microwave squash 10 minutes or until soft.
2. Meanwhile, in a large skillet heat oil & garlic over medium-high. Add chicken & cook 5-7 minutes or until golden brown on all sides.
3. Add mushrooms, broccoli & chipotle powder. Cook 5-7 minutes, stirring occasionally.
4. Slowly stir in milk, flour & cheeses until smooth. Remove from heat.
5. Caution squash may be hot. Using a fork, scrape flesh of squash into a large bowl. Add skillet contents to spaghetti squash & mix well. Serve immediately.



**Cooking Video @ [onieproject.org/videos](https://onieproject.org/videos)**

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