

STAY HIP WITH SQUASH

If you are you fond of noodle dishes, but conscious about your carb intake, try spaghetti squash.

The spaghetti squash is a type of winter squash. Winter squashes are harvested when fully ripe, and are suitable for long term storage. They tend to be higher in nutrients compared to their summer counterparts (such as zucchini). Once the spaghetti squash is cooked, its fibers can be separated with a

fork into “noodles”. One cup of regular spaghetti (cooked) contains on average 200 calories and 43 grams of carbohydrates. One cup of spaghetti squash contains around 45 calories and 10 grams of carbohydrates.

Since the spaghetti squash is mildly flavored, it can be easily paired with Asian or Italian style noodle-based recipes.



Squash facts: summer squashes (like zucchini) are harvested before ripening in the summer months. Winter squashes (butternut, acorn, spaghetti) are allowed to ripen throughout the warm season, and harvested in the fall or winter.

Squash nutrition: winter squashes are categorized as starchy vegetables, while summer squashes are non starchy vegetables (source: *Choose Your Foods: Exchange List for Diabetes*, American Diabetes Association, 2008).



Preparation tips:

- ★ To cook *al dente* cook for 12-15 minutes (turning every 4-5 minutes) in a 800 watt microwave oven (or for 45-50 min. in a regular oven warmed to 350° F).
- ★ Pierce the squash several times before cooking to allow the steam out without bursting.
- ★ Once cooked, cut in half, remove the seeds and use a fork to separate the strands into spaghetti (careful... it is very hot!)

ITALIAN-STYLE SPAGHETTI SQUASH

Ingredients for 4-6 servings:

1 spaghetti squash (3-4 lb)
1 jar of low sodium marinara sauce
10 cherry tomatoes, halved
grated parmesan cheese
basil for garnishing
ground black pepperto taste

Directions: Follow the *Preparation Tips* to cook the squash. Portion out approximately 1.5 cups per person. Leftovers can be stored in an air-tight container for a few days. Warm up the marinara sauce in a large pan (1/2 cup of sauce per person).

Pour the sauce over the spaghetti squash, stir in the cherry tomatoes. Sprinkle 2 tablespoons of parmesan cheese per serving. Add black pepper to taste. Serve approximately 1.5 cups per person. Garnish with the basil leaves.

1 serv. = 25 g carbohydrates

Suggestion: pair with grilled chicken/fish and steamed vegetables.