

Farmers Market Fun Family Recipes


SPAGHETTI
SQUASH
WITH
PARMESAN
CHEESE 

Serving Size: 1-1/6 of recipe

Yield: 6 servings

Ingredients


One 4- to 5-pound spaghetti squash
1/4 cup olive oil
2 cloves minced garlic
3/4 cup freshly grated Parmesan cheese
1 teaspoon white pepper (optional)
1 Tablespoon minced fresh basil or parsley

Instructions

1. Pierce squash in several places with a long-tined fork or metal skewer. Place on baking pan and bake 1½ to 2 hours.
2. Using potholders, squeeze squash to test for doneness. It is ready when it gives slightly under pressure. Remove and cool.
3. Heat a saucepan over heat; pour in olive oil.
4. Add garlic and cook until tender but not browned for about 5 minutes.

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Nutrition information:

Calories: 240
Carbohydrate: 27 gm
Fiber: 0 gm
Fat: 14 gm
Protein: 6 gm
Cholesterol: 10 mg
Sodium: 220 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



5. When squash is cool enough to handle, cut in half lengthwise and scoop out seeds and stringy portions.
6. Using a fork, pull pulp from the shell in long strands and add them to the warm garlic oil.
7. Toss squash strands gently with pepper, salt, and cheese.
8. Pour into a serving bowl and garnish with basil or parsley. Serve immediately.
9. Pass additional cheese at the table.

Variations

Strains of cooked spaghetti squash can be tossed with your favorite marinara sauce, mushroom sauce, or pesto. The empty shell halves are nice to use as a serving bowl.

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