



# Greek Style Spaghetti Squash

<b>1</b> spaghetti squash (2-3 pounds)	<b>2</b> cloves garlic, minced	<b>¼ teaspoon</b> salt
<b>2 tablespoons</b> olive oil	<b>1 cup</b> fresh spinach leaves	<b>2 tablespoons</b>
<b>1 cup</b> chopped onion	<b>1½ cups</b> chopped tomatoes	chopped fresh basil
<b>¼ cup</b> chopped green bell pepper	<b>1 teaspoon</b> dried oregano	<b>¾ cup</b> crumbled low- fat feta cheese
	<b>1 teaspoon</b> lemon no-salt seasoning blend	

**Preheat** oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30 to 35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and allow to **cool**. When cooled, use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. **Heat** the oil in a skillet over medium heat. **Sauté** the

onion and bell pepper until tender. **Add** the garlic and continue to **cook** 2-3 minutes. **Add** the spinach; allow to wilt. **Stir** in tomatoes and **cook** until tomatoes are heated through. **Toss** the cooked vegetables with the warm spaghetti squash. **Stir** in seasonings, basil, and feta cheese. **Serve** warm.

**Yield:** 8, ½ cup servings

**Nutritional Analysis:** 120 calories, 6 g fat, 2 g saturated fat, 5 mg cholesterol, 280 mg sodium, 14 g carbohydrate, 3 g fiber, 6 g sugars, 4 g protein.

# Kentucky Spaghetti Squash

**SEASON:** August through October.

**NUTRITION FACTS:** Squash is low in calories. One cup raw squash contains 42 calories. It contains vitamin C, potassium and calcium. It is naturally free of fat and cholesterol.

**SELECTION:** Choose squash that is a creamy to deep yellow in color. Look for hard skinned, evenly colored squash without blemishes or ridges. Avoid squash that are tinged with green as they are not mature.

**STORAGE:** Spaghetti squash can be stored at room temperature for up to one

month. Longer if stored in a cool, dry, dark location. Do not wash before storing.

**PREPARATION:**

**To Bake:** Pierce holes in the squash and place in a baking dish. Bake at 350 degrees F for one hour or until the skin gives easily under pressure and the inside is tender. Cool for 10 to 15 minutes.

**To Microwave:** Pierce holes in the squash and microwave on high for 10 to 12 minutes. Let stand 5 minutes.

Halve squash lengthwise and discard seeds. Shred squash with a fork and serve.

**KENTUCKY SPAGHETTI SQUASH**

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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