



# Herb Roasted Spaghetti Squash

SERVING SIZE: ½ cup  
SERVINGS: 6  
PREPARATION TIME: 10 minutes  
COOK TIME: 1 hour

## INGREDIENTS:

- 1 large spaghetti squash
- 1 /4 cup onion, finely chopped, OR
- 1 Tablespoon dried, minced onion
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning (optional)

## DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Use a knife to pierce the skin of the squash and microwave it for 3 minutes. This makes it easier to cut.
3. Cut squash in half and scoop out the seeds.
4. Place squash on baking sheet with cut side facing down. Bake for 40 minutes.
5. Place in onion in pan on stove. Add 1 Tablespoon water. Cook on medium heat for a few minutes until clear.
6. Remove squash from oven. Use a fork to fluff the insides. Add the herbs and spices. Toss it to mix it up.

## RECIPE TIPS:

- Choose squash with yellow skin. Green spots means it is not ripe yet.
- Store squash in a cool, dry place for up to 3 weeks.
- To prepare squash, boil, bake, steam or microwave until soft.



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>27</b>
<b>Total fat</b>	0g
Saturated fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	13mg
<b>Total Carbohydrate</b>	7g
Fiber	1g
Sugar	2g
Includes 0g of Added Sugars	
<b>Protein</b>	1g
<b>Phosphorus</b>	15mg
<b>Potassium</b>	123mg

## EQUIPMENT NEEDED:

- Knife and cutting board
- Measuring cups and spoons
- Baking sheet
- Mixing spoon

Recipe submitted by Mount Mary University Dietetics Department  
Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)