



Spaghetti Squash

3 Prep and cooking tips

- Spaghetti squash can be difficult to cut. To make cutting easier, place the uncut squash in the microwave for 2 minutes.
- Spaghetti squash may be cooked whole or halved in the oven, crockpot, microwave, or in boiling water.
- If cooking the squash whole, use a fork to pierce the outside of the squash several times to allow the inside to cook.

2 Shopping and storage

- An uncooked spaghetti squash can be stored at room temperature.
- After cutting, wrap in plastic wrap or store in an airtight container and refrigerate. Once cooked, spaghetti squash freezes well. Pack cooked squash into freezer safe bags or containers, then seal and freeze. Partially thaw before re-using, then steam.

1 Nutrition Fact:

- Spaghetti squash is an excellent source of potassium which helps maintain healthy blood pressure.

Go!

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