



The underrated spaghetti squash:

Spaghetti squash is a winter squash, but can be found in most grocery stores throughout the year. It has great shelf life. It is rich in vitamins and minerals. It is a low calorie, 1 cup, 155g, 41.8 kcal, and high with fiber. Which potentially be great substitute to spaghetti and will help to reduce the energy intake, as a result it may help with digestive health and weight reduction.

Nutrition source, USDA - <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169299/nutrients>

What do you need and how to prepare the spaghetti squash.

This recipe is about 400 calories.

- Baking tray
- Baking Paper (optional)
- 2-3 tablespoons Olive Oil
- spaghetti squash
- Salt and pepper

Pre-heated the oven 400°F.

Cut spaghetti squash in half lengthwise.

Scoop out the seeds.

Drizzle the insides lightly with olive oil.

Sprinkle salt and pepper. (Not too much salt)

Place it cut side down on a baking sheet/baking tray.

Systematically poke a few holes in the skin

Roast it for about 40 minutes (al dente). If you wish the spaghetti squash be softer, live it in the oven for longer period of time about an hour.

Once it's roasted and cool enough to touch, use a fork to scrape the "noddles."

Enjoy,

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