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| Spaghetti  Squash Application Spaghetti squash has a hard rind and unique interior flesh which **separates** into **pasta-like strings when cooked**. Whole or halved it can be **steamed, baked, roasted** or **microwaved**.  Bake at **400 degrees** for **35-40min**.   * Once cooked, the flesh can be **shredded with a fork** to make the stringy squash noodles. * Cooked it can be **sautéed** with complimentary ingredients or added to **casseroles**, gratins, and bakes. * **Served in its hard rind**, Spaghetti Squash can be topped with or tossed with sauces, vegetables, meats, cheeses, and herbs. * Complimentary ingredients include tomato, onions, garlic, greens, fresh herbs, cream, parmesan, mozzarella and feta cheese, ground beef, Italian sausage, and pancetta.   Spaghetti squash will **keep** for a **month** at **room temperature**. **Cut** squash is best used within **two days**. | |  | | --- | | MILD FlavorTender with slight crunch/ Stringy like Angel Hair PastaAverages 4 – 8 lbsMaturity: YellowVitamin A, Folate, Folic Acid, Beta Carotene, Potassium and Fiber | | The Pumpkin Stand 7844 State Rte 414  Ovid, NY 14521  www.ThePumpkinStand.com  OPEN Daily 10AM-6PM  Labor Day - Halloween | |