

## What is spaghetti squash?

Spaghetti squash is a winter squash that's golden yellow, shaped like a small watermelon and ranges in size from 2 to 5 pounds. When cooked and then gently scraped out of its shell, spaghetti squash has the appearance of angel hair pasta. Its unique flesh makes it a favorite for kids!

Spaghetti squash has a sweet, slightly nutty flavor. Low in carbohydrates and high in fiber, spaghetti squash may be used as a gluten free substitute for traditional noodles.

### **Nutritional Value:**

One cup of cooked spaghetti squash provides about 42 calories, 10 grams of carbohydrates, and other nutrients such as vitamin A and potassium. Vitamin A is important for wound healing and helping maintain normal immune function (immune function is how your body recognizes and defends itself against bacteria, viruses, and substances that appear foreign and harmful). Potassium helps your nerves to function and muscles to contract.



## Super Spaghetti Squash Bites

### Ingredients:

1 small spaghetti squash  
1 cup panko bread crumbs  
½ cup grated parmesan cheese  
1 egg

### Directions:

1. Wash hands with soap and water. Preheat the oven to 400°F.
2. Cut spaghetti squash in half and scoop out seeds. Bake in the oven for 40 minutes or until tender. The squash is done when a fork easily pierces the skin and goes into the flesh. Let cool and scoop out pulp.
3. Break the egg into a medium-sized bowl. Wash hands with soap and water after cracking the raw egg.
4. In a bowl, mix **1 ½ cups of the cooked squash, 1 cup bread crumbs** and **½ cup parmesan cheese. Stir until thoroughly blended.**
5. Line the baking dish with parchment paper. Scoop 1 Tbsp squash batter to form bite-size balls. Place squash balls on the baking dish.
6. **Bake** for 16-20 minutes until the bottoms are golden brown. Flip and bake for another 3 minutes until golden.

Makes 5 servings (4 bites each). Each serving contains 103 calories, 3 g fat, 11 g carbohydrate, 1 g fiber & 253 mg sodium.