

Roasted Spaghetti Squash

(PKU-Friendly)

Spaghetti Squash gets its name from the texture when cooked – this vegetable's long thin strands resemble spaghetti noodles.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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	PHE	Simplified PKU Protein
Serving	42mg	0g
Recipe	336mg	0g

INGREDIENTS

1 each	Spaghetti Squash (about 2.5 – 3 lb.), halved lengthwise, seeds removed
2 tsp	Olive Oil
½ tsp	Garlic Powder
½ tsp	Kosher Salt
1/8 tsp	Black Pepper, ground

CHEF'S NOTES

Serving size = ¾ cup

Microwaving the squash before baking in the oven helps shorten the overall cooking time.

Spaghetti squash is great to make in a large batch and reheat later.

This recipe works well with summer squash and zucchini also! Zoodles can mimic the texture of spaghetti squash, or simply slice into rounds.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line a baking sheet with foil or parchment paper.
2. Place each half of the spaghetti squash skin side down on a microwave safe plate or dish. Microwave each piece for 5 minutes to soften/steam slightly.
3. Place the microwaved spaghetti squash on the sheet pan cut side up. Drizzle all over with olive oil, garlic powder, salt, and black pepper. Turn the squash over, cut side down, and bake until tender when pierced with a knife, about 15 – 20 minutes. Once done baking, remove squash from the oven and set aside until cool enough to handle.
4. Once cooled, use a fork to remove the flesh. The spaghetti squash can be pulled apart, creating long strands that resemble spaghetti. Serve hot with your favorite sauce and enjoy!

Nutrition Facts

8 servings per container

Serving Size 3/4 cup (154 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 8%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1.1g 2%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.48mg 3%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food "Roasted Spaghetti Squash (PKU-Friendly)" (1/2/19)



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