

# Eat Smart!

## Spaghetti Squash

- 1 2lb spaghetti squash
- 1 Tablespoons butter
- 1 Tablespoons olive oil
- 4 gloves garlic, minced
- 1 teaspoon powdered garlic
- 1 teaspoon Italian seasoning
- 1/3 cup water
- Salt and pepper to taste
- 2 Tablespoons fresh parsley, chopped
- Parmesan cheese, optional



1. Stab the spaghetti squash a few times with a sharp knife.
2. Place it on a microwave safe plate and microwave for 12 minutes, allow it to cool for about 15 minutes.
3. Halve the spaghetti squash lengthwise, remove the seeds from the center and discard.
4. Using a fork, shred the squash and place the strands of spaghetti squash in a bowl, set aside.
5. In a large skillet with high sides, over medium heat, add the butter and olive oil. Allow the butter to melt, add the garlic and sauté for a few minutes.
6. Add powdered garlic and Italian seasoning along with the squash, salt, pepper and water.
7. Sauté everything together for about 3-4 minutes, stir in some fresh parsley, parmesan and serve.

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>(163g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 39mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 207mg	<b>4%</b>

\*The % Daily Value 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.

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