



SPAGHETTI SQUASH

HEALTH BENEFITS:

Indulge your taste buds while nourishing your body with the exceptional health benefits of spaghetti squash. This delectable fruit (yes, fruit!) boasts a wealth of nutrients, making it a delicious and nutritious addition to your diet. Low in calories and rich in vitamins A, C, and B6, spaghetti squash supports a healthy immune system and promotes radiant skin and vision. Packed with fiber, it aids digestion, helps maintain a healthy weight, and keeps you feeling full and satisfied. Moreover, its high levels of potassium, magnesium, and calcium contribute to proper heart function, lower blood pressure, and strong bones. Experience the natural goodness of spaghetti squash, a versatile, tasty, guilt-free alternative to traditional pasta.

SELECTION & STORAGE:

Choosing the finest spaghetti squash is an art that leads to culinary perfection! When selecting this savory fruit, look for firm and heavy specimens with a vibrant, golden-yellow skin free of blemishes or soft spots. The stem should be intact and dry, ensuring freshness. Once you've found the ideal squash, keep it in a cool, dry place with good ventilation, such as a pantry or cellar. Ensure it is not exposed to direct sunlight or moisture to prevent premature spoilage. When stored properly, spaghetti squash can maintain its peak flavor and texture for up to a month. You can preserve cooked spaghetti squash by keeping it stored in plastic ware in the refrigerator for 2-4 days.

RECIPE OF THE MONTH: SPAGHETTI SQUASH SHRIMP SCAMPI

INGREDIENTS:

- 1 spaghetti squash
- 1 ½ teaspoon kosher salt
- 4 tablespoon olive oil
- ½ teaspoon ground black pepper
- 4 cloves garlic, minced
- 2 lemon, zested
- 2 teaspoon red pepper flakes
- 2 lemon, juiced
- 8 oz. shrimp, peeled and deveined
- 4 tablespoons chopped parsley

DIRECTIONS:

Preheat oven to 400°F (200°C). Use a fork to pierce holes down the side of the spaghetti squash and microwave for 5 minutes. When the squash is cool enough to touch, slice the squash open, length-wise, with a sharp knife.

Scoop out the seeds and drizzle the squash with oil. Season with salt and pepper, to taste. Roast the squash cut-side down for 40 minutes, until easily pierced with a knife.

When squash is done cooking, let it cool as you begin to heat the olive oil in a medium pan over medium heat.

Once the oil begins to simmer, add the garlic, red pepper flakes, and shrimp. Cook until the shrimp are pink and start to curl, about 2 minutes. Add the salt, black pepper, lemon zest, and lemon juice and cook for 1 minute. Remove the pan from heat.

Using a fork, pull the strands from the cooled spaghetti squash. Toss in the parsley and spaghetti squash onto pan until the dish is well incorporated.

Enjoy!

