

Did You Know...



- Spaghetti squash are large and oval weighing on average between four and eight pounds and have an appearance similar to that of a melon.
- This veggie makes a tasty alternative to pasta and it's high in fiber to keep you feeling full longer.
- "Squash" comes from the Narragansett Native American word askutasquash, which means "eaten raw or uncooked."
- Squash are one of the oldest known crops.



Parents,

This month in the cafeteria we are sampling spaghetti squash. Although spaghetti squash is a vegetable, you can serve it in place of pasta in many of your family's favorite pasta dishes. Even though spaghetti squash is a winter squash, you should be able to find it in the grocery store year-round.

Recipe

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 – 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

Cheesy Veggie & Spaghetti Squash Bake

Pers: 6

Ingredients:

Directions:

- 1 whole spaghetti squash
- 2 Tbsp. olive oil
- 1 red pepper, diced
- 1 zucchini, diced
- 1 carrot, shredded
- 2 cloves garlic, minced
- 1 tomato, diced
- 16 oz. tomato sauce
- 4 oz. shredded mozzarella cheese
- ¼ cup shredded Parmesan

1. Preheat oven to 350° F.
2. Poke spaghetti squash all over with a knife and cook in the microwave for 8 – 12 minutes until soft. If you don't have a microwave, place the poked squash on a baking pan and bake at 375° F for 45 to 60 minutes.
3. While squash is cooking, add the oil, garlic, pepper, zucchini, and carrots to a pan, cooking over medium heat.
4. Cut the squash in half, scoop out the seeds, and scrape the flesh from the peel with a fork. It should flake off easily in strings, resembling spaghetti. Place the spaghetti squash flesh in a casserole dish. Add the cooked veggies, diced tomato, sauce, and most of the cheese and mix well. Sprinkle leftover cheese on top and bake for 30 minutes or until the cheese is bubbly.