

MINUTE NUTRITION NEWS

September 2015

EATING LOCAL AND SEASONAL: SPAGHETTI SQUASH

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As the cooler fall temperatures approach, there is no better way to prepare for it than to enjoy a hearty warm winter squash recipe. This fall, spice up your menu with different winter squash varieties – acorn, buttercup and kabocha squash just to name a few. This newsletter will highlight the popular mock-spaghetti ingredient: spaghetti squash.

WHAT IS IT

The spaghetti squash is a small yellow squash about nine inches long. Its name is a perfect description of its flesh and how it is most often used. When cooked, the insides of the squash can be scraped out with a fork into stringy noodles or spaghetti – making it a great substitute for its traditional counterpart.

NUTRITIONAL GOODNESS

A full cup of cooked spaghetti squash has only 27 calories but is chock-full of nutrients. The vegetable's bright yellow colour gives a good hint at its health promoting properties. Fibre, vitamins B and C, and potassium are amongst a few nutrients it contains. In addition, spaghetti squash contains phytonutrients (its literal translation means "plant nutrients") that help repair damaged cells and fight disease.

WAYS TO COOK SPAGHETTI SQUASH

Spaghetti squash is most often baked in the oven (see below), but can also be cooked in a microwave when time is limited. If using the microwave method, begin with step one and two below. Fill one side of the squash's cavity with water, and cover with other half of the squash (basically building your squash back to its original shape). Place in a microwave-safe dish and microwave for about ten minutes. Remember to give some time for the squash to cool down!

Once the squash is cooked and you have scraped out the "spaghetti", you can use it as a substitute in any of your favourite pasta recipes. The simplest way to get started? Heat some minced garlic in olive oil, throw in your favourite vegetables and protein, mix in the "spaghetti," add sauce, top with cheese and you're done!

HOW TO COOK SPAGHETTI SQUASH



1. Wash the squash. Cut off both ends and then cut in half lengthwise.



2. Use a spoon to scoop out the seeds in the middle.



3. Place the two halves facing down on a baking sheet or tray. Bake at 350°F for 40 minutes.



4. Once cooked, let cool. Use a fork to scoop out the spaghetti-like flesh.

RECIPE OF THE MONTH

September 2015

Spaghetti Squash Hash Brown

A great substitution for regular potato hash browns! This recipe is traditional with a twist – warming to the soul during the cooling temperatures yet light enough to make you asking for more!



Makes 12 small hash browns (Serves 3)

Ingredients:

3 cups	Cooked and shredded spaghetti squash (about ½ cooked squash)
2	Small eggs (or 1 large)
1 cup	Diced onion (about 1 small onion)
4 tbsp	All Purpose Flour
¼ tsp	Paprika
¼ tsp	Chili powder
1/8 tsp	Salt
1 tbsp	olive oil

Directions:

1. Press the water out of the squash using paper towel. Mix in eggs, onion, flour, paprika, chili powder and salt. Set aside.
2. Heat oil in a non-stick pan over medium heat. Take about ¼ cup of the squash with your hands and form a patty. Repeat until all the squash is used up.
3. Place the patties in the pan and cook for 2-3 minutes on each side. They should have a nice golden brown colour.
4. Transfer to paper towels to absorb some of the oil. Serve and enjoy!

Nutrition information (per 4 hash browns):

180 calories, Fat 8 g (12% DV), Carbohydrate 23 g (8% DV), Fibre 3 g (12%), Protein 6 g, Sodium 170 mg (7% DV), Sugars 6 g, Calcium 60 mg (6% DV)