



UNIVERSITY OF WYOMING
EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
APRIL



SPAGHETTI SQUASH PASTA

Serves 4

INGREDIENTS

- 1 medium spaghetti squash
- 2 cups low-sodium marinara sauce
- ¼ cup parmesan cheese

DIRECTIONS

1. Preheat your oven to 425°.
2. With a long, sharp, knife, cut the spaghetti squash in half the short way – this produces longer “noodles”!
3. Scoop out the seeds and membrane with a spoon. Discard the seeds, or save them to roast later.
4. Place squash cut-side down on a baking sheet lined with parchment paper or aluminum foil. Roast for 30 to 35 minutes, or until you can easily pierce the skin with a fork.
5. Let cool for 10 minutes, and then use a fork to pull the strands away from the skin.
6. Top with marinara sauce and cheese – or anything else that you would normally put on your pasta.



UNIVERSITY OF WYOMING EXTENSION

NUTRITION & FOOD SAFETY RECIPE OF THE MONTH APRIL

Spaghetti Squash "Pasta"

Nutrition Facts	
Serving Size: 1 3/4 cups (327g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Potassium 640mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 5g	
Vitamin A 20%	• Vitamin C 15%
Calcium 15%	• Iron 10%
Vitamin E 15%	• Vitamin K 25%
Niacin 35%	• Vitamin B6 20%
Phosphorus 10%	• Magnesium 10%
Copper 10%	• Manganese 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: SPAGHETTI SQUASH,
LOW-SODIUM MARINARA SAUCE,
PARMESAN CHEESE