



SPAGHETTI SQUASH

Application

Spaghetti squash has a hard rind and unique interior flesh which **separates** into **pasta-like strings when cooked**. Whole or halved it can be **steamed, baked, roasted** or **microwaved**.

Bake at **400 degrees** for **35-40min**.

- Once cooked, the flesh can be **shredded with a fork** to make the stringy squash noodles.
- Cooked it can be **sautéed** with complimentary ingredients or added to **casseroles**, gratins, and bakes.
- **Served in its hard rind**, Spaghetti Squash can be topped with or tossed with sauces, vegetables, meats, cheeses, and herbs.
- Complimentary ingredients include tomato, onions, garlic, greens, fresh herbs, cream, parmesan, mozzarella and feta cheese, ground beef, Italian sausage, and pancetta.

Spaghetti squash will **keep** for a **month** at **room temperature**. **Cut** squash is best used within **two days**.

MILD Flavor

**Tender with slight
crunch/ Stringy
like Angel Hair
Pasta**

**Averages
4 – 8 lbs**

**Maturity:
Yellow**

**Vitamin A, Folate,
Folic Acid,
Beta Carotene,
Potassium and
Fiber**

THE PUMPKIN STAND

7844 State Rte 414
Ovid, NY 14521

www.ThePumpkinStand.com

OPEN Daily 10AM-6PM
Labor Day - Halloween