



# DISCOVERY DAYS!

## Spaghetti Squash

- Spaghetti squash is named for its flesh, that turns into thin ribbons after cooking.
- The best possess a deep yellow color. An unripe squash with the marred with green marks and should be avoided.
- It is a great alternative for pasta as it only contains about 20 calories, compared to pasta's 100 calories.
- Spaghetti squash can be baked, boiled or steamed and served with sauce, just like pasta.
- They can be stores at room temperature for several weeks
- It can be added to a variety of dishes, such as soups and stews, or eaten raw.
- It is low in carbohydrates, but rich in antioxidants such as Vitamins A & C.

**TRY SOMETHING NEW!**

**March 20<sup>th</sup> 2018**

aramark