

VEGETABLE of the MONTH

Cooking for Kids

Spaghetti Squash

Serves 5-6, Prep: 45 minutes

Spaghetti squash is yellow and its insides are stringy like spaghetti noodles. Try using it in place of pasta.

Ingredients:

1 medium spaghetti squash
¼ cup water
Pasta sauce or cheese of your choice

Directions:

1. Carefully cut squash in half length-wise and spoon out seeds and pulp.
2. Place the water and then squash halves cut-side down in a microwave-safe dish or pan. Cover with plastic wrap and pierce a few holes in plastic to vent.
5. Microwave squash for 10-20 minutes until skin gives easily under pressure using an oven mitt. Let cool 5 minutes.
6. Using a fork, scrape the pasta-like insides out little-by-little into a bowl.
7. Toss squash strands gently with the sauce or toppings of your choice. Serve immediately.

Recipe by Heidi Rodriguez and Megan de Vries. 2013.

Books

Grades K-2

Sophie's Squash by Pat Zietlow Miller and Anne Wilsdorf

Grades K-5

The Vegetables We Eat by Gail Gibbons

The Incredible Edible Squash



Just the Facts

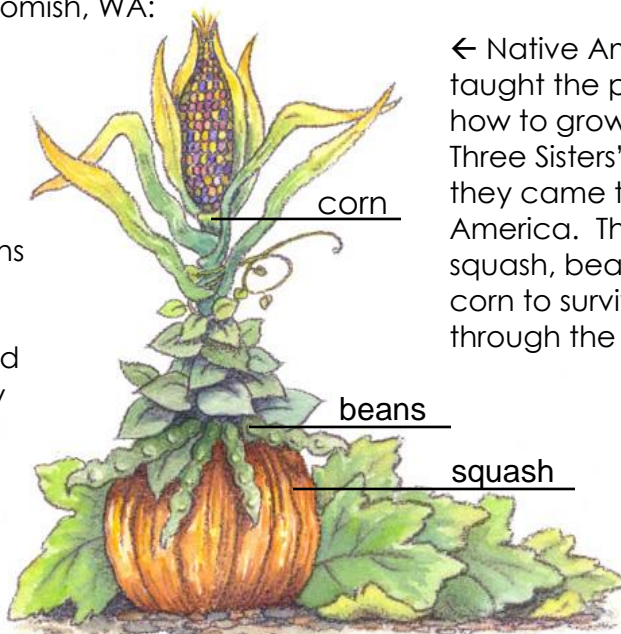
- Squash has been grown in North America for thousands of years.
- There are two groups of squash: winter and summer.
- Summer squash has thin skin and soft flesh. It can be eaten cooked or raw.
- Winter squash needs to be cooked for a long time before it will be soft enough to eat.
- Squash is a good source of Vitamin A, Vitamin C, fiber, and antioxidants.
- Winter squash is not grown in the winter. It is called winter squash because it can be stored and eaten throughout the winter.

Did You Know?

This month on the school menu you can enjoy local SQUASH from Snohomish, WA:

- Roasted
- Muffins

→ Native Americans grew squash together with climbing beans and corn because they help each other grow. They were known as "The Three Sisters."



← Native Americans taught the pilgrims how to grow "The Three Sisters" when they came to North America. They ate squash, beans, and corn to survive through the winter.

For more information, see:

- <http://www.healthy-recipes-for-kids.com/spaghetti-squash-recipes.html>
- <http://easteuropeanfood.about.com/od/vegetables/a/squash.htm>



Created by: The EPS Food & Nutrition Department

Activity: Squash

Draw a line to match the squash picture and clue on the right →
← with the name of the squash on the left:

Acorn



I am a winter squash that is popular in October and fun to carve. I am used in foods like bread and soup.

Butternut



I am a summer squash that is easy to slice and eat. My name matches my color.

Yellow summer



I am a winter squash that tastes great baked. My name is the same as my shape and also the name of a nut that squirrels love to eat.

Zucchini



I am a winter squash with a surprise inside. After you cook me, my insides are stringy like noodles.

Pumpkin



I am a tasty winter squash. I love to be cubed and roasted or cooked into soup. My name sounds like two different foods put into one word.

Spaghetti



I am a very popular summer squash to grow. People love to cook me into breads or sauté me in a pan.