

Recipes  
from the

# VEGGIE MOBILE®

Produce Aisle On Wheels

## Spaghetti Squash with Sauce

### Ingredients:

- 1 spaghetti squash
- 1 tsp olive oil

### Directions:

1. Preheat the oven to 375F.
2. Cut spaghetti squash in half and scoop out seeds and pulp
3. Coat inside with olive oil
4. Place face down on baking sheet
5. Bake for 45 minutes, let cool
6. Take fork and shred squash to imitate spaghetti
7. Add sauce and enjoy!



### *Who knew?*

Spaghetti squash is also rich in the B vitamins riboflavin, niacin, and thiamin, which promote optimal cellular function

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