



Roasted Spaghetti Squash With Tomato Sauce

This fun squash is an interesting way to serve vegetables in a dish that is appealing to kids.

Ages: 3–5 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 1 hour

the INGREDIENTS

Nonstick cooking spray

10½ oz spaghetti squash, fresh, whole
(about ½ a small squash; gently wash squash under running water before cooking)

¾ cup tomato sauce

½ tsp garlic powder

¼ tsp Italian seasoning, dried

3 Tbsp mozzarella cheese, part-skim, shredded

1 Tbsp basil, fresh, chopped (gently wash basil under running water before cutting)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Lightly spray a baking sheet with nonstick cooking spray. Set aside.
4. Soften spaghetti squash by cooking for 2–3 minutes in the microwave. Remove from the microwave.
5. Cut spaghetti squash in half, lengthwise. Using a spoon, scrape out seeds.
6. Place squash on baking sheet with hollowed-side down. Bake for 45–50 minutes or until a fork will easily go into the peel. Heat to an internal temperature of 140 °F or higher for at least 15 seconds.
7. While squash is cooking, place tomato sauce, garlic powder, and Italian seasoning in a small saucepan. Stir. Heat on medium heat for about 5–7 minutes. Heat to 140 °F or higher for at least 15 seconds.
8. Remove squash from the oven. Carefully turn over. Use a fork to scoop the squash out of the peel. Place contents in a medium bowl.
9. Combine squash and seasoned tomato sauce. Toss.
10. Serve ⅓ cup of squash topped with ½ Tbsp cheese. Garnish with basil. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1/3 cup Roasted Spaghetti Squash With
Tomato Sauce and 1/2 Tbsp cheese

Nutrients	Amount
Calories	27

Total Fat	0 g
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Saturated Fat	0 g
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Cholesterol	1 mg
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Sodium	146 mg
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Total Carbohydrate	5 g
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Dietary Fiber	1 g
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Total Sugars	2 g
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Includes Added Sugars	N/A
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Protein	2 g
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Vitamin D	N/A
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Calcium	2 mg
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Iron	1 mg
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Potassium	N/A
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N/A = Data not available

the CACFP CREDITING INFORMATION

1/4 cup vegetables

the CHEF TIPS

- Contains milk (mozzarella cheese).

Source: Team Nutrition CACFP Easy
Recipe Project

TeamNutrition.USDA.gov