

## Spaghetti Squash Tips

- A yellow-orange vegetable, spaghetti squash is harvested in the early fall.
- When a spaghetti squash is cooked, the inside of the squash can be raked and separated to create long thin strands. These shreds appear similar to angel hair pasta noodles.
- To access the “noodles” in a spaghetti squash, the vegetable must be cooked until fork tender. Its texture is comparable to angel hair pasta – fibrous and tender, but slightly fragile.
- The flavor is mild and doesn’t have that earthy, sweet flavor often associated with squash.
- Choose a spaghetti squash that is heavy for its size, hard, and has blemish-free skin. The more yellow the spaghetti squash, the riper it is.
- The exterior should be thick, darker in color, and free of mold, bruises, or spots.
- The best way to store whole, raw spaghetti squash is slightly below room temperature in a cool, dark place. For best results, the storage area should roughly stay between 55- 60 °F at all times. By keeping spaghetti squash in these conditions, it should last for up to three months.
- Avoid storing squash in extremely humid locations. Check your spaghetti squash regularly and when you start to notice that the skin has softened, this might be an indication that it’s time to toss it. Once you see the squash leaking liquids it is no longer edible and should absolutely be disposed of.
- Once your spaghetti squash has been cut, it must be stored in the refrigerator. Wrap each piece tightly with plastic wrap or place them in an airtight container prior to placing them in the fridge.
- The cut pieces of spaghetti squash can remain in your refrigerator for up to five days.
- Spaghetti squash is an excellent source of vitamin C, fiber, vitamin B6, and magnesium. It’s also low in calories with 1 cup having approximately 40 calories.

## Peanut Butter Yogurt Dip

Creamy, salty, and sweet, this peanut butter dip comes together in 5 minutes and is perfect with apples and celery.

**Yield:** 4 Servings

**Time:** 5 Minutes

### Ingredients

- ½ cup nonfat or low-fat plain yogurt
- ¼ cup peanut butter
- ¾ teaspoon cinnamon (optional)

Source: <https://foodhero.org/recipes/peanut-butter-yogurt-dip>

### Instructions

1. Wash hands with soap and water.
2. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
3. Serve with slices of fruit or vegetables.
4. Refrigerate leftovers within two hours.





## Spaghetti Squash

**Yield:** 8 Servings

**Time:** 25-50 Minutes

### Ingredients

- 1 whole spaghetti squash
- Topping ingredients as you choose

### Instructions

1. Wash the skin and cut the squash in half lengthwise, or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.
2. Remove seeds and stringy fibers with a spoon.
3. Cook squash.
4. The squash flesh should be easily pierced by a fork when done.

### Microwave (12 minutes)

- Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water.
- Cook on HIGH for about 12 minutes for a medium-sized squash. Time will vary depending on the size of the squash and the power of the microwave.

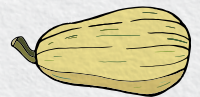
- Squash is done when the shell can be pierced with a fork and the flesh separates into strands.

### Oven (40 Minutes)

- Choose a baking temperature between 350 to 425 degrees.
- Line a baking dish with foil for easier cleanup.
- For a “roasted” flavor, rub cut edges with a little vegetable oil (optional), place cut side down in the pan, and bake uncovered.
- For a “steamed” texture, add ½ cup water to the pan and cover with foil.
- Check for doneness after about 40 minutes.
- Larger squash and lower oven temperatures may take longer to cook.
- Squash is done when the shell can be pierced with a fork and the flesh separates into strands.
- Let sit for 10 minutes or until squash is cool enough to handle.

### Instructions (continued)

5. Use a fork to gently scrape the inside of the squash to make spaghetti-like strands.
6. Top with your favorite pasta sauce.
7. Refrigerate leftovers within 2 hours.





## Salsa Macha

You will love this pepper-infused oil made with hot peppers, garlic and peanuts. It is delicious drizzled on just about anything and stores well in your refrigerator or freezer.



**Yield:** 6 Servings

**Time:** 40 Minutes

### Ingredients

- 15 dried arbol peppers, stem and seeds removed
- 2 dried morita peppers or chipotle peppers, stem and seeds removed
- 1 cup vegetable oil, divided
- 10 cloves garlic, chopped
- ½ cup raw unsalted peanuts
- 2 tablespoons raw unsalted sunflower seed kernels (optional)
- 1 tablespoon sesame seeds
- 1 tablespoon vinegar (white or apple cider)
- ¼ teaspoon salt

### Instructions

1. Wash hands with soap and water.
2. Heat ½ cup oil in a medium skillet over medium heat. When just hot, add garlic and stir until golden brown, about 3 to 5 minutes.

3. Transfer the garlic oil to a bowl and set aside.
4. Heat the other ½ cup oil in the skillet over medium heat. When just hot, add the hot peppers and stir often for about 2 minutes or until the color begins to change. Do not overcook.
5. Add the mixture to the bowl with the garlic oil and set aside.
6. In the same skillet on medium heat, add the peanuts and sunflower seeds, if desired. Stir for about 2 minutes then transfer to the bowl with garlic and chiles.
7. When cool enough to handle safely, transfer the oil mixture to a blender. Add sesame seeds, vinegar and salt. Blend on high speed until smooth.
8. Cool mixture to room temperature. Refrigerate in a container for 1 month or freeze for up to 2 months.

Source: <https://foodhero.org/recipes/salsa-macha>

## Spaghetti Squash Pie

**Yield:** 6 Servings

**Time:** 45 Minutes



### Ingredients

- Non-stick cooking spray
- 1 medium spaghetti squash
- 1 cup low-fat cottage cheese
- ½ cup shredded parmesan cheese
- 2 large eggs
- 1 large zucchini, thinly sliced
- 2 cups Homemade Spicy Marinara Sauce
- 1 cup shredded part-skim mozzarella cheese
- 2 tablespoon minced fresh basil

### Instructions

1. Preheat oven to 375°F. Lightly coat a round baking dish with cooking spray. Set aside.

2. In a microwave-safe baking dish, add 1 inch of water. Cut spaghetti squash in half, scoop out seeds and poke holes on both sides of squash using a fork. Place face down in dish. Microwave squash 10 minutes or until fork-tender.
3. Caution, squash may be hot. Using a fork, scoop squash out of skin into a large bowl. Add cottage cheese, Parmesan and eggs. Mix well.
4. Spread squash mixture evenly in baking dish. Layer zucchini slices on top. Spread sauce evenly and top with mozzarella. Bake 10-15 minutes or until bubbly and cheese is melted.
5. Let cool 4-5 minutes. Cut into slices and serve topped with basil.

Source: <https://choosehomemade.org/recipes/spaghetti-squash-pie/>

*Rinse fresh fruits  
and vegetables under  
running water.  
Soap is not  
recommended*



## Beef and Cabbage

The cabbage in this simple skillet dinner loads the recipe with vitamin C and fiber.

**Yield:** 4 Servings

**Time:** 30 Minutes



### Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef (90% lean)
- 2 sprays of non-stick cooking spray
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- salt (to taste, optional)
- red pepper flakes (to taste, optional)

### Instructions

1. Wash hands with soap and water.
2. Chop cabbage and onion, set aside.
3. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
4. Spray skillet with non-stick cooking spray. Cook chopped onion using medium heat until soft.
5. Add cabbage to the chopped onion and cook until cabbage starts to brown.
6. Stir the beef into the cabbage and onion mixture.
7. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-cabbage-dinner-tonight>



## Whole-Wheat Yogurt Rolls

Warm and toasty rolls in 30 minutes with only 4 ingredients.

**Yield:** 10 Servings

**Time:** 25 Minutes

### Ingredients

- 1½ cups whole-wheat flour
- 1¾ teaspoons baking soda
- 1 teaspoon salt
- 1¼ cups low-fat plain yogurt

### Instructions

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.

3. Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
4. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
5. Place on baking sheet and flatten each ball to ½ inch thick.
6. Bake for 10 to 15 minutes, until light golden brown. Serve warm with a soup or salad.

Source: <https://foodhero.org/recipes/whole-wheat-yogurt-rolls>





## Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

**Yield:** 4 Servings

**Time:** 20 Minutes



¼ cup orange juice

¼ cup cilantro fresh, chopped

### Ingredients

- 3 chicken breasts boneless, skinless, cooked and chilled
- 3 stalks green onions sliced
- 1½ cups broccoli cut into florets
- 2 carrots medium
- 1 red bell pepper cut into strips
- 2 cups cabbage shredded
- ½ cup asian salad dressing fat-free or of sesame salad dressing

### Instructions

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Source: <https://eatfresh.org/recipe/salads/zesty-asian-chicken-salad/>



## Rainbow Coleslaw

**Yield:** 12 Servings

**Time:** 15 Minutes

### Ingredients

- 1 cup cabbage red, thinly sliced
- 2 cups cabbage green, thinly sliced
- ½ cup bell pepper yellow or red, chopped
- ½ cup carrots shredded
- ⅓ cup onion red, chopped
- ½ cup mayonnaise fat free
- 1 tablespoon red wine vinegar
- ¼ teaspoon celery seed optional
- ½ cup cheddar cheese lowfat, cut into bite-sized cubes

### Instructions

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.



Source: <https://eatfresh.org/recipe/salads/rainbow-coleslaw/>

**Eat  
Well**



## Cilantro Lime Tuna Wrap

A light and flavorful meal using canned tuna, fresh veggies and a tangy mayo dressing.

**Yield:** 5 Servings

**Time:** 15 Minutes

### Ingredients

- 3 tablespoons lime juice
- 2 tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- ⅔ cup cilantro, chopped and loosely packed
- 2 green onions or ½ teaspoon onion powder
- 1 cup red bell pepper, diced
- 1 jalapeño pepper, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup shredded lettuce or 5 small lettuce leaves

### Instructions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
4. Divide tuna mixture between 5 tortillas. Spread to edges.
5. Top with lettuce and fold or roll into a wrap.
6. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/cilantro-lime-tuna-wrap>

## Salsa Roja

This fresh and spicy red salsa can be used with a variety of dishes including tacos and enchiladas, with eggs and for dipping most anything.

**Yield:** 6 Servings

**Time:** 35 Minutes



### Ingredients

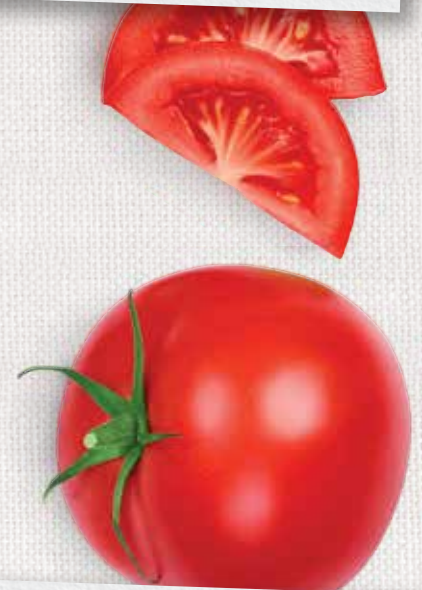
- 3 dried chiles de árbol (omit for mild salsa)
- 3 medium tomatoes, stems removed
- ¼ medium onion, cut into big chunks
- 3 serrano peppers (use ¼ to ½ bell pepper for mild salsa)
- 1 clove garlic, unpeeled
- ¼ teaspoon each salt and black pepper
- 2 tablespoons chopped cilantro

### Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.

3. On a dry skillet on medium heat, grill chiles de árbol until lightly toasted, about 2 to 3 minutes on each side.
4. In a blender, grind the toasted chiles until pieces are small.
5. Place vegetables and garlic on the skillet. Grill on medium heat until soft, about 10 minutes. Move around a few times to brown all edges.
6. Remove peel from garlic. Add garlic, vegetables, salt and pepper to the blender. Pulse 4 to 5 times, to a thickness you like.
7. Move salsa to a bowl. Stir in cilantro and serve.
8. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/salsa-roja>



Funded in part by USDA SNAP.  
For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.  
Need help stretching your food dollars?  
Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)