

examiner.com

Yum Yum Yellow Squash (Photos)

September 26, 2012



Spaghetti Squash Recipe (Gretchen M. Ashton)



Gretchen Ashton
Carlsbad Scuba Fitness Examiner

The winter squash harvest is just beginning. I love all types of squash, but one of my favorites is Spaghetti Squash. With its natural flavor it makes an excellent substitute for pasta. As the name suggests, you can enjoy Spaghetti Squash topped with almost anything, including your favorite sauce. It is easy to prepare and grow, and bursting with nutrients. The **American Institute of Cancer Research (AICR)** explains the high antioxidant content of squash helps fight cancer and protect eye health. Winter squash is a delicious source of complex carbohydrates and fiber. Nutrients include potassium, niacin, iron and beta carotene. I recommend Spaghetti Squash because in addition to it's healthful properties, it is a great way to reduce calories and feel satisfied. One cup of winter squash has about 80 calories.

“ Eating well to maintain good body composition is important for scuba divers to reduce the risks associated with poor health and the stresses of the underwater environment.

Start with a few simple ingredients for this recipe and then once you've mastered it, experiment with seasonings, herbs, sauces, parmesan cheese (only a little bit), more vegetables and protein.

Spaghetti Squash
Fresh Basil
Tiny Grape Tomatoes
Olive Oil
Salt and Pepper

Cut the squash in half lengthwise, remove the seeds and pulp, lay it flat side down on a baking sheet with about one-half inch of water, and bake for about 30 minutes at 425°. The squash is finished baking when the outer skin is easily penetrated with a fork. It may be necessary to replenish the water part way through the cooking time. I experimented with using the microwave and it works in much less time; about 15 minutes on high. Prepare and place the squash on a microwavable tray flat side down with water.

Once the squash is cooked use a fork to gently pull the fresh strands out of the shell. Toss the squash in a small amount of olive oil, add chopped fresh basil and tiny grape tomatoes, salt and pepper to taste. The tomatoes warm with the heat from the squash. Toss again and serve.

The produce for this dish was purchased from **Jimbo's**. The basil was grown by **Archi's Acres**. Archi's Acres partners with others in the community to teach veterans small scale organic growing. Archi's Acres is located just a few miles from my home and I had the opportunity to meet Colin and Karen Archipleys while I was President of the Carlsbad Garden Club and through my work with the **Carlsbad Community Gardens Collaborative**. In 2007 the Archipleys developed a **Veterans Sustainable Agriculture Training (VSAT)** program and have since trained over 100 veterans. Follow the VSAT link to learn more