

Spaghetti Squash

Q-355-00
Vegetables

Color Code: Green
Sodium: Low

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (4- $\frac{1}{4}$ oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (3)

Temperature: 425°F
(218°C)

Time: 15 - 18 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
SQUASH, SPAGHETTI, HALVED, SEEDED		42 lb 12 oz	12 - 13 squash
OIL, CANOLA	$\frac{3}{4}$ cup + 2 tbsp	6- $\frac{1}{2}$ oz	
SALT	3 tbsp	1- $\frac{7}{8}$ oz	
PEPPER, BLACK, GROUND	1 tsp	0.07 oz	
SALT	2 tbsp	1- $\frac{1}{4}$ oz	
PEPPER, BLACK, GROUND	1 tsp	0.07 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Slice squash in half lengthwise and remove seeds.
2. Preheat oven to 425°F (218°C).
3. Evenly rub cut sides of squash with oil and season with first measures of salt and pepper.
4. Place 8 halves, cut side down, on each sheet pan. Using a fork, poke holes in the skin of each squash to allow steam to escape while cooking.
5. Using an oven on convection mode, roast squash at 425°F (218°C) for 15 to 18 minutes. CCP: Internal temperature must reach 135°F (57°C). Remove squash from oven, turn squash cut side up, and allow to cool for 20 minutes. Using a fork, scrape the flesh of the cooked squash so it creates long strands. Discard skin.
6. Toss squash with second measure of salt and second measure of pepper. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. This recipe can be served as a starchy side or in place of pasta. If serving in place of pasta, use a 1 cup portion size.
3. Serving suggestions: serve with Marinara Sauce (O-004-00) or Basil Pesto (O-316-00).
4. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories 61

Carbohydrates 11 g

Sugars*	4 g
Protein	1 g
Fat	2 g
Saturated Fat	0.2 g
Sodium	373 mg
Calcium	35 mg
Fiber	2.3 g



Combat Capabilities Development Command-
Soldier Center // U17-238