

Zucchini and Squash Week

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Meatless Lasagna Stuffed Spaghetti Squash

Ingredients

- 1 small Spaghetti Squash
- ½ c. low-fat Cottage Cheese
- 2 Tbsp. Parmesan Cheese
- ⅓ c. Marinara Sauce
- ½ c. Mozzarella Cheese, divided
- ½ c. Spinach
- ½ c. Favorite Vegetables (peppers, broccoli, etc.)

Instructions

1. Preheat oven to 425 F.
2. Using a large serrated knife, carefully cut spaghetti squash in half lengthwise. Use a spoon to scrape out and discard seeds.
3. Place squash halves cut side down on parchment lined baking sheet. Cook squash for 35-45 minutes or until tender.
4. Remove squash and place rack in middle of oven and heat to broil.
5. In a medium bowl, combine cottage cheese, parmesan, ¼ c. mozzarella, marinara and spinach.
6. Use fork to scrape and separate the squash strands. Divide filling mixture among the 2 squash halves. Top with your favorite vegetable and sprinkle with mozzarella. Broil until cheese is golden-brown. Approximately 2-3 minutes.

Yield: 4 servings – ½ squash each. Each serving is 150 calories and 20 grams Carbohydrate. (Nutritional values will change depending on what vegetables you use)

Zucchini, Black Bean and Rice Supper

Ingredients

- 1 Tablespoon Canola Oil
- 1-1/2 cups fresh Zucchini
- 15 ounces canned no-salt-added Black Beans
- 1 medium Tomato
- 1 cup Water
- 1 cup instant Brown Rice, uncooked
- ¼ cup shredded Cheddar and Monterey Jack Cheese Blend

Instructions

1. In a large skillet, heat oil over medium-high heat.
2. Slice zucchini lengthwise and chop.
3. Add zucchini to skillet and sauté until tender, stirring often.
4. Drain and rinse black beans from the can, then add beans to the skillet.
5. Chop tomato and add to skillet along with water.
6. Increase heat and bring to a boil.
7. Add rice; stir well.
8. Remove from heat and let stand 7 minutes or until liquid is absorbed.
9. Sprinkle each portion with 1 tablespoon cheese blend, if desired.

Yield: 4 servings – 1 ½ cups each

Recipe Suggestions: May use wild rice in place of brown rice – if doing this just omit water and precook wild rice and stir in with tomatoes – let heat through and ready to serve.

Stuffed Zucchini Boats

Ingredients

- 2 medium Zucchini
- 4 slices Bread or 1 1/3 cup Breadcrumbs
- ¼ teaspoon ground Sage
- 1 teaspoon Onion Powder
- 1 teaspoon No Salt Seasoning (like Mrs.DASH or any combination of seasonings)
- 1 teaspoon Lemon Pepper
- 1 teaspoon Dill Weed

Instructions

1. Pre-heat oven to 375° F.
2. Cut zucchini in half lengthwise. Using a spoon, scoop out seeds, forming a trench in each zucchini half.
3. Place zucchini in a pot of boiling water, and boil for 3 to 5 minutes.
4. While zucchini is cooking, toast 2 slices of bread.
5. Place toast and 2 uncooked pieces of bread in food processor to make breadcrumbs.
6. Add seasonings to breadcrumbs and mix well.
7. Add ½ cup of the zucchini cooking water and blend with a fork to get the consistency of stuffing.
8. Remove zucchini from water and place in 8 x 8" baking dish, peel side down.
9. Spoon stuffing into trench in each zucchini half.
10. Bake for 20 minutes and serve.

Yield: 4 – ½ zucchini each.

Spaghetti Squash Chow Mein

Ingredients

- 1 Spaghetti Squash – about 3 lbs
- 1 Tbsp Olive Oil
- 2 Tbsp Low Sodium Soy Sauce
- 2 tsp Rice Vinegar or White Vinegar
- 1 Tbsp Oyster Sauce or Hoisin Sauce (or add more Soy Sauce if needed – try additional ½ tsp at a time)
- 1 Tbsp Olive Oil
- 1 small Onion
- 4 Garlic cloves, minced
- 1 Red Bell Pepper, thinly sliced
- 1 cup Sliced Snow Peas or Sugar Snap Peas
- 1 large Carrot, julienned
- Salt and Pepper, to taste

Instructions

1. Preheat oven to 375 degrees. Spray a sheet pan with non-stick spray.
2. Carefully cut spaghetti squash in half lengthwise. Scoop out the seeds and connecting strands, then place cut side down on prepared sheet pan.
3. Bake for 45 minutes, or until the squash flesh becomes tender and separates easily into strands with a fork. Finish by gently loosening and removing the 'spaghetti strands' from the shells. Set aside.
4. **Make the sauce:** In medium bowl combine soy sauce, vinegar and oyster sauce. Set aside.
5. Heat olive oil in a large skillet on medium high heat. Add onions and garlic, cook until soft.
6. Add red bell pepper, snow peas and carrots. Cook until vegetables are tender, about 2 minutes.
7. Add the spaghetti squash and the sauce. Stir everything in the pan until the squash is coated with the sauce. Cook for about another minute until the spaghetti squash is heated through. *Don't over cook the squash it'll be super mushy.* **Yield:** 4 servings.

Spaghetti Squash Burrito Bowl

Ingredients

For Squash:

- 1 small Spaghetti Squash, about 2 lbs
- 1/2 teaspoon Olive Oil
- Salt and Black Pepper

For the Filling:

- 1 to 2 teaspoons Olive Oil
- 1 small Zucchini, diced
- Half a Bell Pepper, diced
- 1/4 Red Onion, diced
- 1/2 teaspoon dried Oregano
- 1/4 teaspoon ground Cumin
- Salt and Black Pepper
- 3/4 cup cooked Black Beans, drained and rinsed if using canned
- 1/2 cup Corn Kernels, drained well if using canned
- 1/2 cup Salsa
- 2 ounces Cheese, shredded and divided

Instructions

1 To Cook Squash

- Preheat your oven to 425°F. Lightly oil a baking sheet or line with a silicone baking mat.
- Use a sharp knife to carefully stab the squash a few times on each side, then microwave 4 to 5 minutes. Watching out for steam, slice the squash in half and scoop out the seeds.
- Rub each half with oil and season well with salt and black pepper. Place squash on the pan and cook until fork-tender, about 30 to 45 minutes, depending on the size of your squash.
- Remove squash from the oven and cool for at least 5 minutes. Then, scrape a fork along the flesh to create spaghetti-like strands (leave a little behind to keep the 'bowl' intact for stuffing later).

2 Prepare the Filling

- a. While the squash cooks, heat olive oil in a skillet over medium heat. Add the onion, zucchini, bell pepper, cumin, oregano, salt and pepper. Cook, stirring frequently until the vegetables have softened, about 8 to 10 minutes.
- b. Remove skillet from heat, add black beans, corn, and salsa. Stir well, taste, and adjust seasoning as desired.

3 Assembly

- a. Add the loose spaghetti strands and half of the cheese to the skillet mixture, stir well. Load up the squash bowls with the filling and top with the remaining cheese.

4 Bake the Bowls

- a. Bake uncovered at 350°F until warmed through and melty, about 10 minutes.
- b. Then Broil for 1 to 2 minutes until the cheese is bubbly and browned.
- c. Serve warm with your favorite burrito toppings.

Zucchini Rollatini

Ingredients

- 2 large, 14 oz each Zucchini, cut lengthwise into 12 (1/4-inch thick) slices
- 1/2 teaspoon Salt
- Black Pepper, to taste
- 1 cup Marinara Sauce
- 1 large Egg
- 2/3 cup part skim Ricotta Cheese or Low-Fat Cottage Cheese
- 1/2 cup grated Romano cheese, plus more for serving
- 1/4 cup chopped Basil or 1 – 1 1/2 Tbsp dried Basil
- 1 Garlic clove, minced
- 3/4 cup 3 oz Shredded Mozzarella

Instructions

- 1 Preheat the oven to 400F. Spread 1/4 cup marinara sauce on the bottom of a 13 x 9-inch baking dish.
- 2 Cut the zucchini lengthwise, into 1/4-inch thick slices until you have a total of 12 slices about the same size. It's easiest to do this with a mandolin.
- 3 Season both sides of the zucchini with 1/2 tsp salt and pepper, then grill on a grill pan or grill over high heat to help dry out the zucchini, until pliable and grill marks form, but not fully cooked, about 2 minutes on each side.
- 4 In a medium bowl, beat the egg then mix together with ricotta, Romano, basil, garlic, 1/8 tsp salt and 1/8 tsp pepper.
- 5 Spread the ricotta mixture (about 1 1/2 tablespoons each) evenly onto each zucchini slice, spreading to cover.
- 6 Roll up slices and arrange them each seam side down in the prepared dish. Top each with 1 tbsp marinara sauce and 1 tbsp mozzarella cheese and tightly cover with foil.
- 7 Bake 20 minutes, or until the cheese is hot and melted.

Yield: 3 servings – 4 rollups each.

Zippy Zucchini

Ingredients

- 4 cups Zucchini
- 1/2 medium Onion
- 4 large Eggs
- 1/2 cup Shredded Cheddar Cheese
- 2-ounce jar Pimento or ¼ cup Bell Peppers
- 1/4 teaspoon Salt
- 1/8 teaspoon Black Pepper

Instructions

1. Cut zucchini into chunks. Thinly slice onion.
2. Place zucchini and onion in 10" x 6" x 2" dish. Cover with plastic wrap, turning one edge back slightly to vent. Microwave on high for 7 minutes. Drain liquid.
3. In large bowl, mix together beaten eggs, cheese, drained pimento, salt and pepper. Add zucchini and onions, stirring well.
4. Grease dish in which vegetables were microwaved.
5. Pour mixture into dish and cover with paper towel. Microwave on medium-high for 4 minutes. Remove paper towel and stir.
6. Continue to microwave uncovered for 4 to 6 minutes until center is set.

Yield: 8 – ½ cup servings. Each serving is 80 calories and 4 grams Carbohydrates.

Cooking Tip: Prepare this dish in the oven instead of microwave if desired. Bake at 350° F for 30 minutes or until set.

Serving Suggestion: The amount of cheese per portion is 1 tablespoon.

Greek Zoodle Salad

Ingredients

- 2 Zucchini
- 1/4 c. Red Onion, diced
- 1/4 English Cucumber, sliced
- 10 Cherry Tomatoes, halved
- 10 Kalamata olives, pitted & sliced
- 1/4 c. Greek Dressing
- Salt and pepper to taste

Instructions

1. Cut zucchini with spiralizer tool. A peeler may be used if necessary.
2. Place zoodles in a bowl. Add onion, cucumber, tomatoes and olives.
3. Pour dressing over salad and toss to combine. Season as needed.

Yield: 4 servings.

Homemade Greek Salad Dressing

Ingredients

- 1/2 cup Olive Oil
- 1/2 cup Apple Cider Vinegar
- 1 medium Lemon Juice (2 Tbsp)
- 1 1/2 tsp Garlic Powder
- 1 1/2 tsp dried Oregano
- 1 1/2 tsp dried Basil
- 1 tsp Honey Mustard
- 1 tsp Parsley
- 1 tsp Onion Powder
- 1 tsp Salt
- 1 tsp Pepper

Instructions:

1. Combine all ingredients into an air tight container or jar and whisk or shake until mixed together well.
2. Store in fridge for up to two weeks. Shake until combined for each use.

Summer Squash Salad

Ingredients

- ¼ c. Pine Nuts (or Slivered Almonds or Sunflower Seeds)
- 2 lb. Zucchini and Yellow Squash
- Salt to taste
- 1 c. Feta Cheese
- 3 Tbsp. Olive Oil

Instructions

1. Use a vegetable peeler to shave the squashes into paper-thin ribbons, starting on one side and making quarter turns until you reach the seedy core. Spread the ribbons on a cutting board and sprinkle with salt.
2. In a small skillet over medium-low heat, toast the nuts until they are turning golden and fragrant, stirring frequently.
3. Place squash in a serving bowl (if you are not serving the salad immediately, refrigerate the squash.)
4. Toss the squash with the feta, olive oil and nuts. Serve immediately.

Yield: 10 servings. Each serving is 110 calories and 4 grams Carbohydrate.

Zucchini Bread

Ingredients

- 3¼ c. All-purpose Flour
- 1½ tsp. Salt
- 1 tsp. ground Nutmeg
- 2 tsp. Baking Soda
- 1 tsp. ground Cinnamon
- 3 c. Sugar
- 1 c. Olive oil
- 4 Eggs, beaten
- 1/3 c. Water
- 2 c. grated Zucchini
- 1 tsp. Lemon Juice
- 1 c. chopped Pecans (optional)

Instructions

1. Preheat oven to 350 F.
2. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar.
3. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice.
4. Mix wet ingredients into dry and add nuts.
5. Bake in two standard loaf pans, sprayed with nonstick spray, for one hour.

Yield: 2 loaves – 12 slices each

Additional Seasoning Ideas...

To add more flavor or change the flavor to the above sheet pan meals you may use the following Low Salt Seasoning Recipes to make on your own seasonings. You can also find no salt seasoning blends such as Mrs. DASH – in a wide variety of flavors at a local grocery store – this sometimes can be cheaper instead of buying all the seasonings to make a blend that you may not use as often!

Italian Blend

2 tbsp Dried Oregano
1 ½ tbsp Dried Marjoram
1 ½ tbsp Dried Basil
1 tbsp Dried Thyme
1 tbsp Dried Rosemary
1 tbsp Dried Sage

Cajun Blend

2 ½ tbsp Sea Salt
1 tbsp Oregano
1 tbsp Paprika
1 tbsp Cayenne Pepper
1 tbsp Black Pepper
1 tsp Onion Powder
1 tsp Garlic Powder

Salt Free All Purpose Seasoning

2 tbsp Garlic Powder
2 tbsp Onion Powder
1 tbsp Chili Powder
1 tbsp Paprika
1 tbsp Parsley
1 ½ tsp Pepper

Poultry Seasoning

2 tbsp Thyme
1 tbsp Rosemary
1 tbsp Sage
1 tsp Marjoram
½ tsp Ground Pepper
½ tsp Celery Seed
½ tsp Nutmeg

Mix all seasonings together and store in air-tight container.

Looking to just spice up your plate – add a dash of each of these spices to get these flavor combinations...

1. **Italian Blend:** Basil + Oregano
2. **Savory Blend:** Rosemary + Sage
3. **Tex-Mex Blend:** Chili Powder+ Cumin+ Paprika + Oregano + Cayenne
4. **Asian Blend:** Ginger + Garlic + Red Pepper Flakes
5. **Indian Blend:** Curry + Cumin + red pepper flakes for heat or garlic powder for savory
6. **Sweet Blend:** Cinnamon + Nutmeg

Squash/Zucchini: A New Pasta Alternative

What are Zoodles?

Zoodles are zucchini made into faux-pasta. Or you can use yellow crookneck squash. Spaghetti squash is also used to make faux-pasta. Once you make these pasta substitutes you can dress them up the same way you normally dress up pasta!

Follow these simple steps to make a balanced zoodle or spaghetti squash meal.

Step 1: Choose Your Faux-pasta Squash

- Zoodles: Using a spiralizer (a kitchen tool used to transform veggies into pasta-like spirals), push the zucchini through to make pasta shaped cuts. Drizzle olive oil over the zoodles and cook in a frying pan for a few minutes until tender.
- Spaghetti squash: Cut a spaghetti squash in half. Scoop out the seeds. Lightly oil the inside of the squash and bake, face down on a baking sheet, for about 45 minutes at 400 F°. Remove the squash, let cool for 15 minutes, then use a fork to scrape out the insides and create your “spaghetti.”
Tip: Before cutting the squash you can microwave for 6 minutes, then cool. This makes it easier to cut the squash in half. For added safety, hold the squash with a kitchen towel when cutting.

Step 2: Pick Your Protein

Squash pasta alternatives are low in calories and carbohydrates so they may leave you feeling hungry. Add one of these suggested protein sources to add more calories, protein and nutrients.

- Chicken (cooked and diced)
- Ground turkey or beef meatballs
- Salmon
- Shrimp
- Veggie crumbles (soy replacement for ground meat)

Step 3: Pick Your Sauce

- Marinara Sauce – limit if you are limiting potassium foods – use in small portions or choose lower potassium sauces.
- Drizzle pasta with olive oil and season with garlic or onion powders (not garlic or onion SALTS).

- Alfredo Sauce
- Pesto Sauce
- Roasted Red Pepper Tomato Sauce
- Thai Sweet Chili Sauce

Step 4: Add More Vegetables

Vegetables contain fiber and important nutrients that are good for the body and leave you feeling full longer. Low potassium options are best. Remember to count the squash noodles, vegetable-based sauce and added vegetables as part of your daily allowance. Even though summer squash and spaghetti squash are low in potassium compared to winter squash, portion is still important. You may need to limit fruit and vegetables at other meals or snacks if including more than 2 vegetable servings.

- Broccoli
- Brussels Sprouts
- Kale or raw spinach
- Mushrooms
- Onion
- Red or green bell peppers

Experiment with different sauces and protein combinations. Here are some suggestions:

- Alfredo Sauce with shrimp and spaghetti squash
- Roasted Brussels sprouts with pesto sauce and zoodles
- Roasted Red Pepper Sauce with veggie crumbles and spaghetti squash
- Thai Sweet Chili Sauce with turkey meatballs and zoodles

Superfood – Spaghetti Squash

Spaghetti squash is a vibrant winter vegetable enjoyed for its nutty flavor and impressive nutrient profile.

Closely related to pumpkin, squash, and zucchini, spaghetti squash comes in many different sizes, shapes, and colors, ranging from off-white to dark orange.

It's not only low in calories and loaded with nutrients but also associated with a number of health benefits.

1. **Spaghetti Squash is packed with vitamins and minerals.** Spaghetti squash is a nutrient-dense food, meaning it's low in calories but high in several key vitamins and minerals. In particular, spaghetti squash is a good source of fiber, vitamin C, manganese, and vitamin B6.
2. **Spaghetti Squash is rich in antioxidants.** *Antioxidants are powerful compounds that can help fight free radicals, thus preventing oxidative stress and reducing damage to your cells.* In particular, winter squash provides plenty of beta-carotene — a potent plant pigment that can help protect your cells and DNA from damage. Spaghetti squash is also high in vitamin C, which doubles as an antioxidant and has been shown to play a significant role in disease prevention
3. **Spaghetti Squash may help promote digestive health.** Spaghetti squash is an excellent source of fiber – 1 cup is packed with 2.2 grams of fiber (9% of your daily needs). Fiber moves slowly through your digestive system, adding bulk to your stool, which promotes regularity and alleviates constipation.
4. **Spaghetti Squash supports weight loss.** Spaghetti squash is low in calories but high in fiber, making it a healthy option for well-rounded weight loss diet. Fiber supports weight loss by slowing the emptying of your stomach and stabilizing your blood sugar levels to reduce hunger and appetite.
5. **Spaghetti Squash is versatile and delicious.** Spaghetti squash is a winter vegetable with a mild flavor and stringy texture works well in many recipes. It can easily be baked, boiled, steamed or even microwaved for a tasty and nutritious meal. In particular, it's a popular substitute for pasta because it can reduce the

carb and calorie count of your meal while allowing the other flavors in your recipe shine. Use spaghetti squash in place of noodles and pair it with ingredients like meatballs, marinara sauce, garlic or parmesan. You may also try stuffing it to make spaghetti squash boats or using it in fritters, casseroles or hash browns.

6. **Easy to prepare.** Spaghetti squash is simple to prepare and makes a great low-carb substitute for noodles in your favorite pasta dishes. To get started, cut the squash in half lengthwise and scoop out the seeds with a spoon. Next, drizzle each half with a bit of olive oil, season with salt, and place side-by-side on a baking sheet with the cut side facing down. Roast the squash in your oven at 400°F (200°C) for about 40–50 minutes or until fork-tender. Once your squash is fully cooked, use a fork to scrape out the spaghetti-like strands. Finally, finish it off with your choice of seasonings, sauces, and toppings — such as garlic, parmesan, marinara sauce, meatballs, or veggies — and enjoy as part of a delicious and nutritious meal.