

Share A Spaghetti Squash With Your Bird

Try our spaghetti squash recipe to make a healthy dish for you and your bird

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The 4-pound spaghetti squash is a golden yellow, oval shaped vegetable that is healthy, tasty and easy to cook. Squash is a good source of vitamin A, potassium and niacin, and the spaghetti squash is high in beta carotene. The seeds, when cooked or roasted, are high in selenium.

The spaghetti squash gets its name for how it looks after it is cooked. It becomes stringy and tastes great hot or cold. Spaghetti squash is available year around, but as it is a winter vegetable, its peak season is from fall to winter.

What you'll need: Cinnamon Spaghetti squash Bird-safe pan

Preparing The Spaghetti Squash

STEP 1

Take your spaghetti squash and use a large knife to cut down the axle, or cut the squash vertically. The skin is thick, so keep your hands dry so you're hand won't slip while attempting to cut. Opening up the squash can take time, so use a saw-like motion to cut.

STEP 2

Once your spaghetti squash has been cut, it's just like cleaning out a pumpkin. Use a spoon or fork to remove seeds and other gunk, then rinse the halves under some cool water until clean.

STEP 3

Lightly sprinkle cinnamon into the two halves, as much as you would like.

STEP 4

Set your oven to bake at 350 degrees Fahrenheit.

STEP 5

Get out a thin cookie sheet, with a little depth (around 1/4 to 1/2 inches). Put enough water in the pan (about 1/8) so it completely coats the bottle. Sprinkle cinnamon in the water and then lay your squash face down onto the pan. Carefully place it in the oven (be careful of the water sloshing out of the place.)

STEP 6

Bake the spaghetti squash for 45 minutes. To see if the spaghetti squash is ready, use a fork to poke the skin. It should pierce right through.

STEP 7

Remove the spaghetti squash from the oven and let it cool. Once cool, use a fork or spoon and scrape the squash out. It will come out stringy, like spaghetti. You can serve the squash right away to your bird, or refrigerate or freeze it.

STORAGE

The squash tastes great hot or cold. Spaghetti squash can be frozen or left in the fridge for about a week. One 4-pound squash can make about 3 cups.

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