

# COUNT YOUR STEPS

## Spaghetti Squash Hash Browns

- 1 medium spaghetti squash, cooked
- 1/3 cup whole wheat flour
- 1/2 cup grated Parmesan cheese
- 4 Tbsp butter or olive oil
- Salt and pepper to taste
- Low-fat or fat-free sour cream garnish (optional)



Prepare and cook squash.\* Mix squash strands with flour and cheese. Heat 1 Tbls butter or olive oil in skillet over medium-high heat. Spoon 1/4 cup squash mixture into skillet. Pat and press the squash mixture to form a thick "hash brown" cake. Cook until bottom is lightly browned. Continue with remaining squash mixture, adding butter or oil to the skillet as needed. Sprinkle with salt and pepper to taste. Serve with a dollop of sour cream if desired.

**\*To bake spaghetti squash:** Cut it in half length-wise. Use a fork to scrape out the seeds and guts, similar to the inside of a pumpkin. Pour about a half inch water into a baking dish. Put squash in the baking dish with the cut side facing down. Bake the spaghetti squash at 350° F for 1 hour. Let it cool a little, then use a fork to scrape the spaghetti like strands out lengthwise.

(Source: [www.healthy-recipes-for-kids.com](http://www.healthy-recipes-for-kids.com))

