Help Yourself to Go! Foods

Look for the Green Light on a variety of tasty food options. For more information about Go! guidelines visit clevelandclinicwellness.com/GoGuidelines. To download an electronic version of this and other Go! recipes, visit clevelandclinic.org/wellnessrecipes.

A Green Light means that each serving contains:

- Only 100 percent whole grains
- Zero grams of trans fat
- Less than or equal to 4 grams of saturated fat (for main dishes; less than or equal to 2 grams for sides and desserts)
- Less than or equal to 4 grams of added sugar (for main dishes; less than or equal to 2 grams for sides and desserts)
- 600 milligrams or less of sodium (for main dishes; 480 milligrams or less for sides and desserts)
- Zero grams of trans fat
- Only 100 percent whole grains

Healthy Go! Clinic
Cleveland Clinic Wellness

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Spaghetti Squash
Makes 12 servings - Serving size: 1/4 cup

Ingredients
- 2 pounds spaghetti squash
- 1/2 teaspoon lemon zest
- 6 cups water
- 1-1/2 tablespoons vegetable broth

Directions
Mix water and vegetable broth in a medium sized pot and set aside.

Cut the top and bottom of the squash off. Stand it up right and trim the skin, making sure to cut the cream-colored rind off. Cut it in half length wise and scrape out the seeds. Lay the flat side down and slice into 1/4-inch slices.

Bring the pot of liquid to a boil and cook the squash in it for 5 minutes. Check for tenderness and if necessary, cook for another 1 to 2 minutes. Remove with a slotted spoon and place in an oblong pan or dish. Cool slightly. While still warm, break apart into strands of spaghetti. Season with lemon zest and seasoning salt mix well and serve.

Nutrition Information (per serving): Calories: 15; Sodium: 30 mg; Sugar: 0 g; Cholesterol: 0 mg; Saturated Fat: 0 g; Fiber: 1 g; Protein: 0 g; Carbohydrate: 3 g

Prep Time: 10 minutes