

Crockpot Cooking Classes

Most people own a crockpot,
but don't use them.
Join us to learn some tasty
new recipes!

Portland Area Office

Thursday, November 8th, 11am-2pm
To sign up, call (503) 238-1512

Eugene Area Office

Wednesday, November 14th, 12:30-2:30 pm
To sign up, call (541) 484-4234

The Crockpot, or Slow-Cooker, is one of the best time saving appliances in the kitchen. It's great because all you have to do is fill it and turn it on. Hours later, you come home to a house filled with wonderful smells and dinner is ready for the table!
Come learn what a Crockpot can do to make your life easier.

Pictured: Teresa Collins picking huckleberries at Cougar Rock



Join the Team!

Join the Healthy Traditions team at our fun monthly gatherings and help plan activities!

For more information, contact Sharla Robinson at 541-444-9627

Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal Members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

Spaghetti Squash

Bake to soften

Scrape "spaghetti" out with fork



FALL SQUASH SEASON

Spaghetti Squash Recipe

Servings: 4
Prep Time: 15mins
Cook Time: 50mins

Ingredients:

1 spaghetti squash
1 head garlic
Salt and pepper
olive oil

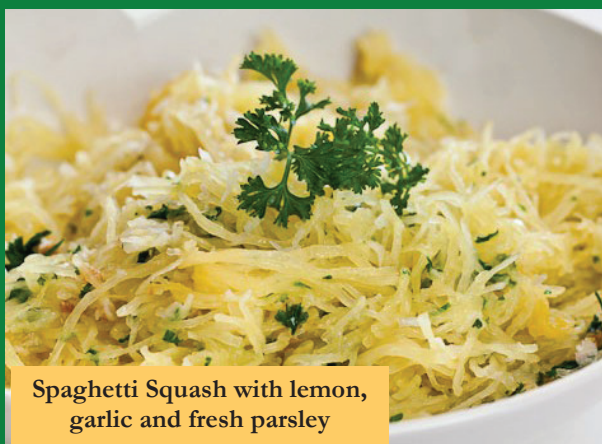
Recipe and nutrition information come from <http://low-cholesterol.food.com>.

Directions:

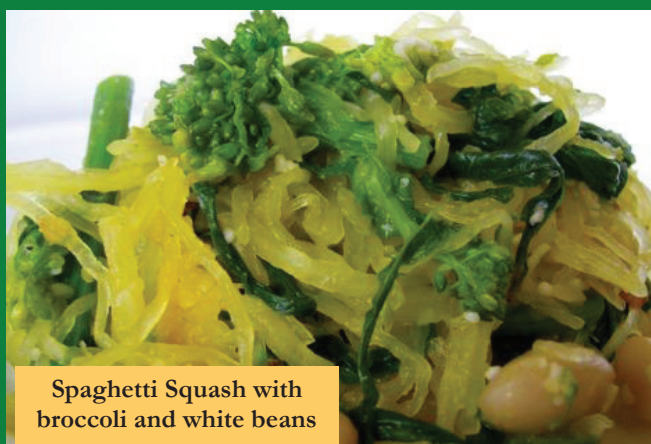
1. Preheat oven to 350-375.
 2. Cut raw spaghetti squash in half, scoop out the seeds with a spoon.
 3. Place halves onto an oven safe cooking dish face up.
 4. Thinly slice garlic and spread garlic into the bowl like shape of the squash, salt and pepper vigorously, drizzle with olive oil
 6. Place onto the upper middle rack of the oven for about 30-40 minutes. (You will know it is ready when the squash separates with little resistance from the skin).
 7. Remove from oven, and set aside to cool for at least 20 minutes.
 8. Use a fork to scoop and separate squash strands.
 9. And any other ingredients you like. Herbs, cheese, veggies, meat, olives are all excellent additions to this dish, the list is endless.
- NOTE: If you use a loose tomato based sauce do not add it immediately to the squash; this makes the squash runny, mushy, and unpalatable. Instead garnish the dish with a little bit of sauce atop the squash, and then offer more sauce on the side, in a separate dish.

Nutrition Facts

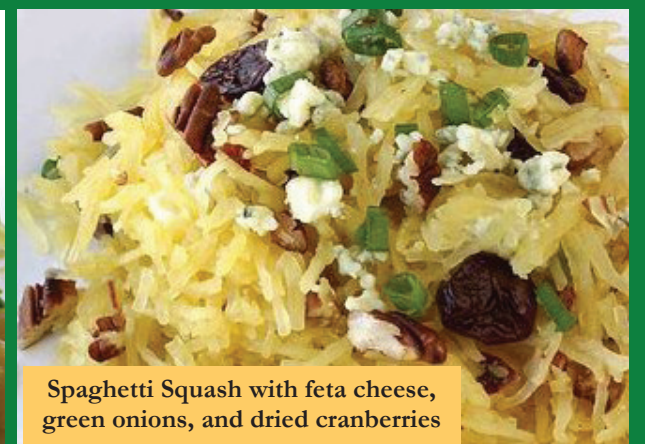
| Serving Size: 1 (90 g) | |
|---------------------------|---------------|
| Servings Per Recipe: 4 | |
| Amount Per Serving | % Daily Value |
| Calories 45.8 | |
| Calories from Fat 4 | 10% |
| Total Fat 0.5 g | 0% |
| Saturated Fat 0.1 g | 0% |
| Cholesterol 0.0 mg | 0% |
| Sodium 15.4 mg | 0% |
| Total Carbohydrate 10.1 g | 3% |
| Dietary Fiber 0.3 g | 1% |
| Sugars 0.1 g | 0% |
| Protein 1.4 g | 2% |



Spaghetti Squash with lemon, garlic and fresh parsley



Spaghetti Squash with broccoli and white beans



Spaghetti Squash with feta cheese, green onions, and dried cranberries