1. Preheat oven to 450 degrees F.
2. Split the squash in half.
3. Scrape out the seeds.
4. Line an oven tray with foil.
5. Season the squash with olive oil. Place flesh side down and roast for 30-40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle.
6. While letting the squash rest to cool, heat marinara sauce in large sauté pan.
7. When squash is cool enough to handle, use large kitchen spoon and scrape the strands of squash from inside the skin.
8. Toss squash in the pan with hot marinara just long enough to get hot.

How to Beat Stress Eating

Feel as if there is nothing you can do about stress? Do you turn to food whenever you’re stressed out? Everyone has these same thoughts at some point in their lives, but you have more control than you think. Stress management is all about taking charge. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control. There is no “one size fits all” solution to managing stress. Here are a few healthy ways of coping with stress.

- **Eat a healthy diet** – a well-nourished body is better prepared to cope with stress and fight off illnesses.
- **Fit in fitness every day** – exercise releases endorphins, which increases a person’s mood and aides in relieving stress.
- **Reduce caffeine and sugar** – they provide temporary “highs” and then end with a crash of energy and mood.
- **Get outdoors** – enjoy natural sunlight and fresh air, both known to increase energy, reduce stress and anxiety, and increase happiness.
- **Don’t deprive yourself of foods you love** – this will lead to binge eating.
- **Set ground rules about eating** – the 80/20 rule; eat healthy 80% of the time and treat yourself the other 20%.
- **Identify your triggers** – try to avoid them, and prepare yourself if you find yourself unable to avoid them all the time.
- **Relax** – get your 15 minutes of peace and quiet to unwind and just breathe.
- **Be good to yourself** – think positively, and remove the negative thoughts and actions in your life.

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

**Spaghetti Squash with Marinara**

Yield: 8 servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Spaghetti Squash</td>
<td>2</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Prepared Marinara Sauce</td>
<td>4 cups</td>
</tr>
</tbody>
</table>

**NUTRITION SNAPSHOT:**

- **Per serving:**
  - 184 calories
  - 10g fat
  - 0mg cholesterol
  - 22g carbohydrates
  - 113g sodium
  - 3g protein

**HARVEST OF THE MONTH RECIPE—NOVEMBER**