



Spaghetti Squash

Serving Size: 4

Ingredients:

1 Spaghetti Squash
1 Tbsp Olive Oil
Salt and Black Pepper to Taste

Optional: You can also use the shell of the squash for your bowl, as shown!
Just add your favorite sauce.

Instructions:

Oven:

1. Preheat oven to 400°F.
2. Cut spaghetti squash in half, lengthwise. Scoop out seeds with a spoon and discard.
3. Coat inside of squash with olive oil and salt and pepper to taste. Place squash cut side down on cooking tray.
4. Bake 50 to 60 minutes. Remove from oven and cool on cooking tray, 5 minutes.
5. Turn over squash and gently scrape inside of squash with a fork for spaghetti strands. Enjoy spaghetti squash and discard skin.

Microwave:

1. Follow step 2 and place squash cut side down in a microwave-safe bowl.
2. Add 1/2 inch of water, covering the bottom.
3. Microwave 12 to 15 minutes or until soft enough to pierce skin with a fork.