

Super Simple Spaghetti Squash



INGREDIENTS

- 1 spaghetti squash (2-3 lb.)
- 2 Tbsp. olive oil
- Salt and freshly ground pepper to taste



NUTRITION FACTS

4 servings

Calories: 112

Fat: 7.5 g

Sodium: 326 mg

Total Carbohydrate: 12.5 g

Dietary fiber: 3 g

Protein: 1 g

DIRECTIONS

OVEN

1. Preheat oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray.
2. Cut the squash in half lengthwise from stem to end (to make cutting easier: can prick with a fork all over the squash and microwave 3-4 minutes before cutting). Scrape out the seeds with a large spoon. Brush with olive oil and season with salt and pepper, to taste.
3. Place squash, cut-side down, onto the prepared baking dish. Roast until tender, about 35-45 minutes.
4. Remove from oven and allow to cool. Then scrape inside with a fork to create long strands.

STOVE

1. Fill large pot $\frac{3}{4}$ full of water. Bring to a boil.
2. Insert whole spaghetti squash and boil 30-40 minutes, until it feels tender to the touch.
3. Remove from pot and slice lengthwise. Remove seeds and scrape flesh with a fork to create long strands.
4. Serve with a little drizzle of olive oil and salt and pepper.

MICROWAVE

1. Use a knife to make small cuts or poke with a fork all over the spaghetti squash. Microwave 3-4 minutes. Cut lengthwise and scoop out seeds.
2. Place cut-side down in glass baking dish. Add 4-5 Tbsp. water and microwave for 10-15 minutes. Check to see if squash is tender; it may need a few more minutes in microwave.
3. Let cool for 10 minutes. Scrape flesh to separate strands.
4. Season and serve.

NOTE: Can use as an alternative to spaghetti noodles and serve with marinara, pesto, or other pasta sauce.