



Spaghetti Squash

Servings 2 | Prep time 10 mins. | Total time 1 hr. 10 min.

Equipment:

Cutting board
Large baking sheet
Microwave-safe plate

Utensils:

Small knife
Large knife
Spoon
Fork
Measuring spoons

Ingredients

1 large spaghetti squash
2 teaspoons olive oil OR vegetable oil
Salt and pepper to taste
6 cups vegetables for dipping, chopped

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 400 degrees.
3. Pierce skin of spaghetti squash 10-12 times with a small, sharp knife.
4. Place squash on microwave-safe plate. Microwave on high heat for 6 minutes.
5. Remove spaghetti squash from microwave and carefully cut off very top and bottom of squash so that it can stand upright. Use caution: squash will be hot.
6. Stand squash upright on a stable surface and carefully slice through from top to bottom to divide it into two halves.
7. Use a spoon to scoop out seeds and discard. Place halves on large baking sheet, cut side up.
8. Drizzle halves of squash with oil. Sprinkle with salt and black pepper.
9. Place squash cut side down on the baking sheet.
10. Bake 40-60 minutes or until squash is very tender when pierced with a fork.
11. Allow squash to cool for 5 minutes and then drag a fork down interior of the squash, separating the "spaghetti" strands. Using a large spoon, scrape the squash strands in a bowl.
12. Toss squash strands with your favorite pasta sauce and serve.

Nutritional Information:

Calories 100 Total Fat 5g Sodium 40mg Total Carbs 11g Protein 1g