



Cut off the sides of the squash, then cut in half. Scoop seeds out.



12 minutes in microwave or 40 minutes in oven at 350 until fork soft.



Let cool then scrape out with a fork.

# Spaghetti Squash



**Nutrition:** Spaghetti squash is gluten free and healthy substitute for pasta. Add to any sauce or bake the seeds for a nutritious snack. This inexpensive vegetable is great to use in casseroles.

**Storage:** A cool dry place.

**In Season:** August-December



## Twice-Baked Spaghetti Squash

*Makes 2 servings*

### Ingredients:

- 1 **spaghetti squash**
- 1/2 - 1 cup **pasta sauce** (adjust according to preference)
- If available: 1/4 teaspoon Italian seasoning, salt, pepper to taste
- 1/4 cup **shredded cheese**
- Optional: 2 cups of cooked **ground beef** or **chicken**

### Directions:

1. Cook squash as seen above.
2. With a fork, separate spaghetti squash strands from shell. Reserve shells.
3. Place strands in a bowl. Mix strands with pasta sauce (and additional spices, if you wish). Adjust the amount of sauce you use based on your own preference.
4. Spoon mixture back into the empty shell or shells.
5. Sprinkle with mozzarella cheese.
6. Bake for 7-9 minutes or until cheese is melted, bubbly, and slightly browned.
7. Spoon and serve directly from shell.