

Recipe – Roasted Spaghetti Squash

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded (with skin on)
- olive oil to coat
- salt and pepper to taste

Directions:

Preheat oven to 400 degrees F

Lightly grease a baking sheet or roasting pan

Spaghetti squash can be roasted as 2 halves OR each half can be sliced into 4 pieces to reduce roasting time

Drizzle olive oil over flesh of the spaghetti squash and spread with a spoon or hand for even coverage

Place spaghetti squash, cut sides down, on the prepared baking sheet, and bake for 30 to 45 minutes in preheated oven, or until a sharp knife can be inserted with only a little resistance

Remove squash from oven, and set aside to cool long enough to be easily handled

Use a large spoon to scoop out the stringy pulp from the squash, and place in a medium bowl

Toss to taste with salt and pepper and additional olive oil or other favorite spices if desired