

Recipe – Roasted Spaghetti Squash with Garlic and Herbs

Ingredients:

- 1 spaghetti squash
- 4 cloves garlic
- olive oil to generously coat
- salt and pepper to taste
- other favorite herbs to taste, such as rosemary, thyme
- optional: 4 oz. feta cheese, crumbled

Directions:

Split 1 spaghetti squash lengthwise, remove the seeds and coat squash with olive oil

Place cut side down on oiled baking sheet

Add whole garlic cloves to roasting pan and roast at 400 degrees for 45 to 60 minutes till tender

Scrape out squash flesh into a bowl

Mince roasted garlic

Toss squash and garlic with additional olive oil

Add salt and pepper, and herbs to taste

OPTIONAL: Toss with 4 oz. crumbled feta cheese, can be reheated to slightly melt the feta

Alternative Directions for shorter roasting time:

Cut spaghetti squash in half across the width and stand it up on the flat side and peel the skin using a sharp knife in downwards strokes

Cut pieces in half, remove seeds and cut into 1" cubes

Mince garlic

Place squash and garlic in a baking pan and toss with olive oil to coat

Roast for 30 to 45 minutes till tender

Add salt and pepper, and herbs to taste

OPTIONAL: Toss with crumbled feta

Other Low Carb Vegetable Options for Roasting:

- Cauliflower
- Turnips (white or any color)
- Butternut Squash