# Spaghetti Squash

## INGREDIENTS

- 1 medium spaghetti squash (about 2 1/2 pounds)
- 1 tablespoon olive oil
- Salt and fresh ground black pepper
- Fresh herbs, optional

## INSTRUCTIONS

Using a heavy chef’s knife cut squash in half lengthwise — see the notes section for how to do this safely. Remove the seeds and discard. Lightly drizzle the cut side of each squash half with olive oil, and then season with salt and pepper. **OVEN-BAKED SQUASH**—Heat the oven to 375 degrees F and line a rimmed baking sheet (or large baking dish) with parchment paper. Place the squash cut-side-down onto the baking sheet and bake 40 to 50 minutes until it is soft and easily pierced with a knife. (If you have some, sneak a few sprigs of fresh herbs underneath in the cavity of the squash — rosemary, thyme, sage, and mint are excellent.) When the squash is done, flip the halves so that the cut-side is facing up and allow to cool for about 5 minutes. Run a fork through the flesh to separate the "spaghetti like" strands/noodles.

SERVING SIZE: 4

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MICROWAVED SQUASH—Place the squash halves cut-side-down in a microwave-safe baking dish. Fill the dish with water so that it is about 1-inch deep. Microwave for 5 minutes, check the squash and continue to microwave for 2 to 5 minutes until the squash is soft and easily pierced with a knife. When the squash is done, flip the halves so that the cut-side.

TIPS: To safely cut the squash, you will need a heavy chef’s knife, a towel to keep it steady as you cut as well as to protect your hand, and some muscle power. Cut the squash from stem to end, but don’t try to cut through the stem (it’s too tough). When you’ve cut through the squash, just pull each half apart.

TIPS: How to Roast Spaghetti Squash Seeds: Remove pulp and fibrous threads from seeds. Simmer seeds in salted water for 10 minutes. Drain and pat dry. Toss seeds with olive oil and lightly season with salt. Roast in a 325 degree F oven for 15 to 20 minutes. The seeds will not change much in color, but will crunch when done.

NUTRITION PER SERVING: Calories 70 / Protein 1 g / Carbohydrate 9 g / Dietary Fiber 2 g / Total Sugars 4 g / Total Fat 4 g / Saturated Fat 1 g / Cholesterol 0 mg

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