

SPAGHETTI SQUASH

Number of portions: 2 to 3

Portion size: ½ or 1/3 squash (depending on size)

INGREDIENTS

1 spaghetti squash

METHOD

1. Wash the squash.
2. Cut squash in halves. Empty squash of its seeds (Keep seeds aside in a bowl to make pumpkin seeds later).
3. Place 2 halves of the squash on a baking sheet, face down.
4. Cook in the oven at 350°C until tender (about 45 minutes to 1h15, depending on the size of the squash).
5. With a fork, scrape out the spaghetti-like strands.

TIPS

- Serve with spaghetti sauce or tomato sauce and grated cheese to replace pasta.

