

Spaghetti Squash

The flesh of this large yellow squash is stringy and mildly sweet, as is a delicious and healthy alternative to pasta.

- Bake: cut in half lengthwise and use a spoon to scoop out the seeds. Put cut side-down on a baking sheet with ½" water. Bake at 400 for 45 minutes.
- Microwave: cut in half lengthwise and use a spoon to scoop out the seeds. Place cut side-up in a microwave dish, fill squash with ½ cup water, and place other half on top. Microwave on high for 10 minutes. Squash is done when shell is soft.
- Use a fork to scrape out stringy flesh.
- Use as "spaghetti": top with pasta sauce, sautéed veggies, and/or meat.
- Store uncut, uncooked squash on counter at room temperature



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