



Roasted Spaghetti Squash

This is a great pasta alternative. Delicious on its own, or tossed with your favorite sauce!

U.S.

1 each	Spaghetti squash, halved lengthwise, seeds removed
2 tsp	Olive Oil
2-3 cloves	Garlic, minced
1/2 tsp	Kosher Salt
To taste	Black Pepper, ground

Metric

1 each
10 mL
2-3 cloves
3 g
To taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (205°C)
3. Cut the squash in half and scoop out the seeds. An ice cream scoop works very well for this.
4. (optional) Place the squash cut-side down on a plate and microwave on high heat for 5 minutes. This helps to speed up the roasting process.
4. Line a baking sheet with foil. Brush the inside of the squash with the olive oil, minced garlic, salt, and black pepper. Place cut-side down on the foil and roast the spaghetti squash for about 30 minutes, or until fork tender.
5. When the spaghetti squash is finished baking, remove it from the oven and set aside until it is cool enough to handle.
6. Once the spaghetti squash has cooled, use a fork to remove the flesh. The spaghetti squash can be pulled apart, creating long strands that resemble spaghetti.
7. Serve hot and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 cup**

Amount per serving

Calories **50**

Calories from Fat 20

Total Fat 2.5 q

 Saturated Fat 0 q

 Trans Fat 0 q

 Monounsaturated Fat 1.5 q

Cholesterol 0 mg

Sodium 210 mg

Total Carbohydrate 7 q

 Dietary Fiber 2 q

 Total Sugars 3 q

 Includes 0g Added Sugars

Protein 2 q

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 114 mg

Phosphorus 14 mg
