



cara price

SPAGHETTI SQUASH

INGREDIENTS

- 1 large or 2 small Spaghetti Squash
- Extra toppings such as~
- Olive oil, freshly chopped herbs, dried herbs,
 - salt & pepper, Marinara sauce, pesto

DIRECTIONS

preheat the oven to 350°.

wash & dry the outside of the spaghetti squash.

place the squash in a baking dish large enough to accommodate it.

bake 60 minutes then turn the oven off & leave the squash in the oven for an additional 60 minutes.

allow to cool 10 minutes then cut it in half, scoop out the seeds & shred the inside flesh with a fork into a bowl.

top the Squash with any of the suggested items.