



Spaghetti Squash: Recipes and directions



How to bake the Spaghetti Squash –

Using a sharp knife, carefully, cut the squash in half lengthwise. Open up the squash and remove the seeds with a spoon.

Preheat the oven at 350 degrees. Place the squash in a baking pan. Make a preparation of 1 tbsp. of olive oil, a pinch of salt and pepper and rub in both halves inside and outside.

Place the squash cut side down in the baking pan and take to the oven for about 45 minutes or until tender.

Remove squash from the oven and with a fork or hands (be careful, it is hot) fluff the spaghetti squash loosening the flesh and removing the “spaghetti strands” from the shells.



Greek Spaghetti Squash Salad

Spaghetti Squash – Baked

Bell peppers

Cherry tomatoes

Parsley

Capers

Feta Cheese

Grounded pepper to taste

Dressing: Lime juice and olive oil

Preparation:

Mix the cherry tomatoes cut in halves with capers, bell peppers, feta cheese and parsley in a medium size bowl. After well mixed add the spaghetti squash slowly mixing it altogether. Make sure to add the squash in handfuls so it gets all well mixed together. After all ingredients are mixed together pour in the mix of lime juice and olive oil and mixed until it covers all the salad. Enjoy it cold!



Primavera Pasta

Spaghetti Squash – Baked

Onion

Garlic

Grilled vegetables (zucchini, yellow squash, bell peppers)

Parsley

Green Onions

Preparation:

In a skillet pan add 1 tsp of olive oil and let it heat. After oil is hot add onions and let it glaze for a couple seconds, when soft add some garlic and let it fry for a couple more seconds.

Dressing: Balsamic Vinegar and olive oil.

