

★ Baked Spaghetti Squash

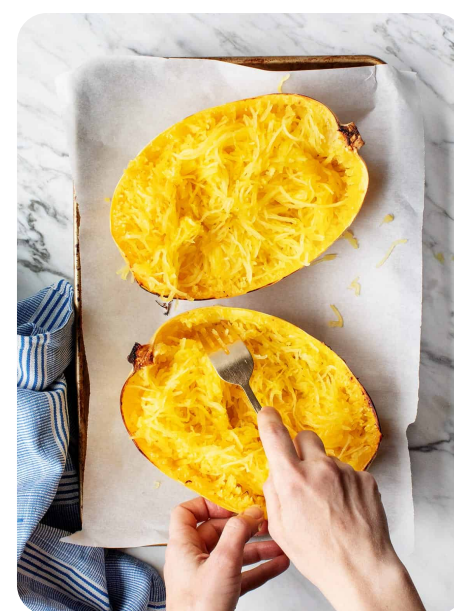
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Prep: 5m **Cook:** 35m **Total:** 40m

Yield: 2 to 4

Dinner

Low Cal



Ingredients

- 1 spaghetti squash
- extra-virgin olive oil
- sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 400°F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.
4. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.