

Garlic Spaghetti Squash

Ingredients:

- 1 Spaghetti Squash
- 1 Garlic, 4-5 cloves
- Salt & Pepper to taste
- 2 Tbsp Olive Oil
- Optional: Pasta Sauce; Cheese (Parmesan, Romano, etc.)

Method:

- Preheat oven to 350F
- Halve the squash, scoop out and discard seeds and strings
- Place halves onto an oven safe cooking dish face up
- Separate garlic cloves and chop or slice thinly
- Spread garlic all over the cut surfaces of the squash, add salt and pepper generously, and drizzle with olive oil
- Put in oven for 30-40 minutes (You will know it is ready when squash separates into strands easily when scraped with a fork)
- Remove from oven, cool slightly, and use a fork to scoop out squash and separate into strands. Serve warm.
- Optional: Add heated pasta sauce and cheese topping.

Garlic Spaghetti Squash

Ingredients:

- 1 Spaghetti Squash
- 1 Garlic, 4-5 cloves
- Salt & Pepper to taste
- 2 Tbsp Olive Oil
- Optional: Pasta Sauce; Cheese (Parmesan, Romano, etc.)

Method:

- Preheat oven to 350F
- Halve the squash, scoop out and discard seeds and strings
- Place halves onto an oven safe cooking dish face up
- Separate garlic cloves and chop or slice thinly
- Spread garlic all over the cut surfaces of the squash, add salt and pepper generously, and drizzle with olive oil
- Put in oven for 30-40 minutes (You will know it is ready when squash separates into strands easily when scraped with a fork)
- Remove from oven, cool slightly, and use a fork to scoop out squash and separate into strands. Serve warm.
- Optional: Add heated pasta sauce and cheese topping.

Garlic Spaghetti Squash

Ingredients:

- 1 Spaghetti Squash
- 1 Garlic, 4-5 cloves
- Salt & Pepper to taste
- 2 Tbsp Olive Oil
- Optional: Pasta Sauce; Cheese (Parmesan, Romano, etc.)

Method:

- Preheat oven to 350F
- Halve the squash, scoop out and discard seeds and strings
- Place halves onto an oven safe cooking dish face up
- Separate garlic cloves and chop or slice thinly
- Spread garlic all over the cut surfaces of the squash, add salt and pepper generously, and drizzle with olive oil
- Put in oven for 30-40 minutes (You will know it is ready when squash separates into strands easily when scraped with a fork)
- Remove from oven, cool slightly, and use a fork to scoop out squash and separate into strands. Serve warm.
- Optional: Add heated pasta sauce and cheese topping.