

Roasted Spaghetti Squash

Ingredients:

- Spaghetti squash, 1 washed
- Olive oil, 3 tablespoons
- Salt, 1 teaspoon
- Pepper, to taste
- Optional: fresh herbs, 1 teaspoon (parsley, thyme), parmesan cheese, 1 tablespoon, lemon juice, 1 tablespoon, spaghetti sauce, 2 cups

Method:

- Preheat oven to 425 degrees.
- Cut off ends of spaghetti squash and cut in half lengthwise. Use a spoon to scoop out the seeds and discard seeds.
- Drizzle each half with 2 tablespoons olive oil and sprinkle with salt and pepper.
- Place in a baking pan, cut-side down. Roast in the oven until squash is tender, about 45 minutes.
- When squash has cooled, use a fork to scrape out the squash into a bowl. Dress with 1 tablespoon olive oil and optional ingredients.

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