



Adapted from usapple.com

How to Cut & Cook Spaghetti Squash



If you're looking for a low-carb alternative to spaghetti, the aptly named spaghetti squash might be just the ticket. Spaghetti squash is a non-starchy vegetable that contains about 5 grams of carbohydrates per half-cup serving, according to the American Diabetes Association. Its stringy flesh also provides about 20 calories and vitamin C, B-complex vitamins and fiber.

It's easy to prepare spaghetti squash in under an hour. In fact, the hardest part about making spaghetti squash for dinner is most certainly cutting it open, so without further ado, here's how to bake spaghetti squash.

Instructions

- Preheat Oven to 375°F. Oil a sheet pan with olive oil.
- Carefully cut spaghetti squash in half lengthwise.



- Scoop out the seeds and connecting strands, then place cut side down on the prepared sheet pan.



- Bake for 45 minutes, or until the squash flesh becomes tender and separates easily into strands with a fork.



- Finish by gently loosening and removing the "spaghetti strands" from the shells.



- Serve spaghetti squash warm or with cheese and your favorite pasta sauce or simply drizzle with olive oil and parmesan.

Adapted from bestrecipebox.com

Spaghetti Squash with Tomatoes, Spinach & Garlic



Cook spaghetti squash using above directions then continue with recipe below.

Ingredients

- 1 spaghetti squash (cooked)
- 5 cloves garlic, peeled and finely chopped
- Olive oil
- 3 Large, firm tomatoes
- 5 big handfuls of baby spinach leaves
- Feta Cheese to top each dish
- Salt & Pepper

Instructions

- In a big, heavy bottomed pot, coat the bottom with olive oil and start to sauté garlic on medium heat. Sauté for about 4-5 minutes until aromatic, but not brown.
- Add spaghetti squash to cooking garlic, and season with salt and pepper.
- Over medium heat, stir squash and add in spinach. Stir until spinach is wilted.
- Add chopped tomatoes and stir again until combined and tomatoes are warm.
- Serve immediately and top with crumbled feta, and more salt and pepper to taste.

Adapted from theseasalt.com