



How to cook Spaghetti Squash

The Ingredients

- Spaghetti Squash
- Olive Oil
- Salt & Pepper
- Garlic Salt

The Directions

- Preheat oven to 400 degrees
- Poke the squash whole with a fork all around and put in the microwave for 5 minutes.
- Take it out and cut tip and bottom off.
- Carefully cut the squash long side.
- Take out the seeds in the middle
- Brush the inside with olive oil, salt, pepper & garlic salt
- Place the squash cut side down on the baking sheet.
- Bake for 40-50 Minutes, until cut side is golden brown.
- Scrape the inside of the squash to get all your spaghetti!
- Top with your favorite sauce and garnishing!
- ENJOY!