

# Spaghetti Squash

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking time: 8-10 minutes

**CChints:** A yellow oval hard squash. When cooked, the inside flesh looks like spaghetti. A mild flavored healthy vegetable that can add vitamins and fiber to your diet. It is delicious as a side dish or a healthy alternative to pasta.



1 Spaghetti Squash

4 Tablespoons water, divided

Salt & Pepper to taste

Optional: 1/2 teaspoon cinnamon, for a sweet taste  
or 1/2 teaspoon garlic salt

The size of the squash you buy will determine the amount of spaghetti you get. As a general rule, you could get about 2/3 of the original size of the squash in spaghetti.

Cut the squash in half, lengthwise. Scrape out the seeds using a fork or a grapefruit spoon with jagged edges works well for this purpose.

Microwave one side at a time. Place one half, cut side down, in a microwave safe container and add 2 tablespoons water. Place cover on container and make sure you leave it slightly open to allow steam to vent. Microwave on high for 4 minutes. Take out of the microwave and check to see if it is done. The squash will be very hot, so use an oven mitt to protect your hands from the heat and steam and carefully turn it over. If the outside of the squash is getting soft it is nearly ready. Use a fork to scrape the insides and see if it easy to scrape easily and look like short strands of spaghetti. If so, it is done and you can cook the other half. If it isn't done, put it back into the microwave for another 2 minutes and test it again.

Take out of the microwave. When done, transfer this half to a large bowl and allow it to cool slightly so you can work with it. Use this time to cook the other half of the squash, just like you did before.

When the first half has cooled slightly, you will hold it with one hand and use a fork to start shredding it. When you are finished with this half, throw away the outside part.

When the other half is done, transfer it to the same bowl where you have part of the spaghetti shredded. Allow it to cool and begin to shred this piece. When done, salt and pepper to taste and sprinkle with either the cinnamon or garlic. Stir and serve.

½ cup serving: calories 22, protein .05g, fat .02g, sat. fat .05g, carbs 5g, fiber 1g, iron .3mg, calcium 16mg