Cooking Spaghetti Squash

Though it’s been around for a while, this winter squash is becoming more popular, especially with many people needing or choosing to avoid eating as much pasta. It’s mild nutty flavor makes it a great addition to any meal.

1. Clean the outside of the squash under running water. Do not use soap!
2. Cut the squash in half and scoop out the seeds. It will be hard. To make it easier to cut you can microwave it for a few minutes to slightly soften the flesh.
3. You can proceed to cook the cut and seeded squash in the microwave or the oven.
   i. **The oven:** Heat the oven to 400 degrees, add a little water to the bottom of a baking sheet, put the squash on it, skin up and bake until the squash is soft, about 45 minutes. This is forgiving, if you are cooking anything else, feel free to adjust the temperature, just check for softness.
   ii. **The microwave:** Place the squash cut side down on a plate or microwave safe dish with a little water added to it. Microwave on high for 5 minutes at a time, until soft (10-15 minutes).
4. It’s cooked! Now you can scoop out the spaghetti like flesh with a fork. There are so many ways to enjoy it now. Here are a few ideas:
   - Simply add a pat of butter or grate a little parmesan and enjoy.
   - Top it with marinara or mix in a spoonful of pesto.
   - Add it to a stir fry.
   - Add fresh chopped tomato and basil with a little olive oil.