



## Oven Baked Spaghetti Squash



TOTAL TIME: 40 MIN    PREP: 5 MIN    SERVES: 2-4

### Ingredients

- 1 Large Spaghetti Squash
- Olive Oil
- Salt & Pepper
- 3-4 Tbsp. Water

### Directions

1. Cut spaghetti squash in half lengthwise.
2. Using a large spoon, scoop out seeds and stringy flesh.
3. Preheat oven to 400 degrees.
4. Brush with olive oil, season with salt & pepper and place face down in a baking dish.
5. Bake 30-40 minutes or until easily pierced with a fork.
6. Remove squash from oven and using a fork, scrape the insides of the squash to separate the strands. Season and enjoy.