



## Microwave Spaghetti Squash



TOTAL TIME: 12 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. Place one half of the spaghetti squash face down in a small casserole dish.
4. Pour 3-4 tablespoons water into the dish and cover with plastic wrap.  
Microwave 7-8 minutes or until soft when pierced with a fork.
5. Remove plastic wrap very carefully (hot steam will escape).
6. Using a fork, scrape the insides of the squash to separate the strands.  
Season and enjoy.