

Spaghetti Squash

Ingredients

- 1 spaghetti squash
- Olive or avocado oil
- Italian seasoning, minced garlic, and pepper to taste

Instructions

1. Preheat oven to 400 degrees
2. Carefully poke holes in the spaghetti squash
3. Microwave squash for 10 minutes. Let it cool
4. Cut squash in half and scoop out the seeds
5. Rub the inside of squash with oil
6. Season squash with italian seasoning blend, minced garlic, and pepper
7. Put about an inch of water in a roasting pan. Place the squash in the pan
8. Cover with foil and bake for 30 minutes
9. Cool and scrape out with a fork to get “spaghetti strands”.



Add any protein and serve as a meal. You can use spaghetti squash in the place of noodles by adding red sauce to it and sprinkling with parmesan.

You can also made a carbonara by adding some peas, canadian bacon that's crisped in a pan, and a mixture of low fat cream cheese and plain greek yogurt.