

BITS and BITES

How to Prepare Spaghetti Squash

To Bake

1. Preheat oven to 350 degrees F.
2. Rinse outside of squash with water.
3. Cut in half lengthwise.
4. Remove seeds with a spoon.
5. Place squash cut-side down on a baking sheet.
6. Bake for 45 minutes, or until tender.
7. Scrape the inside of a squash with a fork to remove spaghetti-like strands.

Top spaghetti squash with your favorite pasta toppings! Try using tomato sauce, parmesan cheese, & Italian spices.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.
This institution is an equal opportunity provider.

To Microwave

1. Rinse outside of squash with water
2. Cut in half lengthwise.
3. Remove seeds with a spoon.
4. Place squash cut-side down in a microwave safe dish.
5. Add a little water to the bottom of the dish & cover with plastic wrap.
6. Microwave on high for 10-12 minutes, or until tender.
7. Scrape inside of squash with a fork to remove spaghetti-like strands.

NC STATE EXTENSION



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