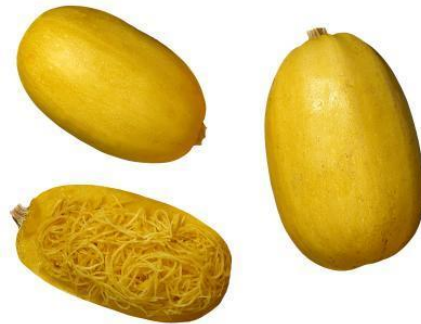


# Spaghetti Squash



## How to Cook Spaghetti Squash

1. Preheat oven to 400F/200C. Wash the outside of the spaghetti squash if needed, then cut off the stem and blossom end, stand squash upright, and using a large chef's knife, carefully cut in half lengthwise. Use a sharp spoon to scrape out seeds and the slimy material that surrounds them, and discard.
2. Rub cut sides of squash with about 1/2 T olive oil for each half, then sprinkle each with 1 teaspoon salt.
3. Put squash on baking sheet and pour 1/4 cup water around bottom of squash to keep it from burning. Roast squash about 45-50 minutes, or until it separates easy into strands when pulled with a fork.
4. Let squash cool for a few minutes, then shred into spaghetti-like strands. Toss it with your favorite sauce or just some salt, lemon, and butter or olive oil.

## Spaghetti Squash with Yellow Tomato, Garlic, and Red Pepper

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

### Ingredients

1 spaghetti squash, prepared	1/4 cup extra virgin olive oil
2-3 cloves garlic, minced	2 yellow tomatoes, chopped
generous pinch of crushed red pepper	salt to taste
2 tablespoons fresh chopped herbs such as parsley or basil	
fresh grated parmigiano reggiano (optional)	

### Directions

1. In a large sauté pan, heat olive oil over medium heat. Add garlic and tomatoes and cook until tomatoes begin to break apart about 5 minutes. Add crushed red pepper, then add spaghetti squash.
2. Toss spaghetti squash strands until well-coated and heated through. Season with salt and toss with parsley. Serve with fresh grated parmigiano reggiano, if desired.