



Photo Credit: detoxinista.com

SPAGHETTI SQUASH

Fall

Prep time: 5 min. | Cook time: 35-45 min. | Serves: 2-4

INGREDIENTS

- 1 Spaghetti Squash (2-3 lbs)
- 2 Tbsp. Olive Oil
- Salt and Pepper
- Any spaghetti topping you want (Tomato Sauce, Meatballs, Butter, Cheese, etc.)

DIRECTIONS

- 1 Preheat oven to 375°F. Lightly oil a baking sheet or coat with nonstick spray.
- 2 Cut the squash in half lengthwise from stem to tail and scrape out the seeds.
- 3 Drizzle with olive oil and season with salt and pepper, to taste.
- 4 Place squash, cut-side down, onto the prepared baking dish. Place into oven and roast until tender, which is about 35-45 minutes.
- 5 Remove from oven and let rest until cool enough to handle.
- 6 Using a fork, scrape the flesh to create long strands.
- 7 Add any toppings you enjoy!



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