

Roasted Spaghetti Squash

January 14th, 2022

This recipe serves: 6

Prep Time: 00:15

Cook Time: 00:45

Roasted Spaghetti Squash has a flesh that naturally resembles spaghetti strands. Spaghetti Squash can be served with marinara sauce or with nothing more than a pinch of salt. Additionally, the seeds can be reserved and roasted, much like roast pumpkin seeds.

Ingredients:

1 Spaghetti Squash

2 Tablespoons Olive Oil

1/4 Teaspoon Table Salt

Directions:

Preheat the oven to 375° F.

Using a large knife, remove each end from the Squash.

Cut the Squash into a series of rings, about 2 inches tall. A typical Spaghetti Squash should cut into about 4 or 5 rings.

Scrape out the seeds from each ring.

Cover a large sheet pan with parchment paper or aluminum foil.

Lay the Squash rings out on the parchment paper.

Brush the surface of each Squash ring with Olive Oil.

Lightly season each piece with Salt.

Bake for 25 minutes, until the flesh is soft enough to pierce easily with a fork, but is just beginning to brown.

Turn each piece over and brush with additional Olive Oil, as needed, to prevent it from drying out.

Bake for an additional 25 minutes.

Remove from the oven and rest for about 10 minutes to allow the Squash to cool.

Use a fork to scrape all the flesh from the inside of the skin.

Serve immediately, refrigerate in a sealed container up to 5 days, or seal in a bag and freeze up to 6 months.