

YIELD: SERVES ABOUT 4

HOW TO COOK SPAGHETTI SQUASH TWO DIFFERENT WAYS - IN THE MICROWAVE OR IN THE OVEN

PREP: 5 MINUTES

COOK: 55 MINUTES

It's so easy to cook spaghetti squash. Here's exactly how to do it, two different ways: in the oven or in the microwave!

INGREDIENTS:

- 1 whole medium spaghetti squash

EQUIPMENT:

- Sharp, heavy chef's knife
- Rimmed baking sheet (for cooking in the oven)
- Large microwave-safe baking dish (for the microwave method)

DIRECTIONS:

1. With a very sharp knife, lop off the top or bottom of the squash so that it will stand flat and secure on your cutting board. Slice the squash in half lengthwise.
2. Use a spoon to scrape out the seeds.

TO BAKE IN THE OVEN:

1. Heat oven to 375 degrees.
2. Brush the inside of each half with about 1 teaspoon olive oil each and sprinkle with coarse salt and freshly ground black pepper. (Note that nutrition information is for spaghetti squash only and NOT for additional ingredients.)
3. Place cut sides down on a rimmed baking sheet and put sheet into the oven.
4. Bake for about 40 minutes, or until you can easily pierce the squash with a fork.
5. Let cool for about 15 minutes, or until squash is cool enough to handle. With a fork, scrape out the spaghetti-like strands and prepare as desired.

TO COOK IN THE MICROWAVE:

1. Place squash cut-sides-down in a microwave-safe baking dish. Fill the dish with about 1 inch of water.
 2. Microwave on high for about 12 minutes, or until you can easily pierce the squash with a fork. Cooking time depends on the size of the squash and individual microwaves, so if you have a smaller squash and a microwave that cooks fast, check a little earlier. And if you are cooking a larger squash and have a lower-power microwave, it may take a little longer.
 3. Let cool for about 15 minutes, or until squash is cool enough to handle.
 4. With a fork, scrape out the spaghetti-like strands and prepare as desired.
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