



1 spaghetti squash

Olive oil

Salt and Pepper to taste

Butter and parmesan cheese, if desired

1. Preheat oven to 400°.
2. Cut spaghetti squash in half lengthwise. Clean out seeds and discard.
3. Brush olive oil on cut side of both halves. Season with salt and pepper.
4. Place both halves, cut side down, onto baking sheet.
5. Place baking sheet in oven and roast for 25-30 minutes (time depends on size of squash).
6. Remove when cooked and use fork to scrape out squash (will look like spaghetti). Add butter and parmesan cheese if desired.

