

Spaghetti Squash

What You'll Need

- 1 medium spaghetti squash (2-1/2 to 3 pounds)
- 1/4 cup grated (reduced fat) Parmesan cheese
- 1 Tablespoons olive oil

Step By Step

1

Halve squash lengthwise; remove and discard seeds. Place squash halves, cut side down, in a large baking dish. Using a fork, prick the skin all over. Bake in a 350 degree F oven for 30 to 40 minutes or until tender.

2

Remove the squash pulp from shell by using a fork to scrape along the inside of the squash. It will look like strands of spaghetti as you remove it. Toss squash pulp with 1/4 cup of the Parmesan cheese & olive oil.