

Magical Spaghetti Squash

MILK EGG PEANUT WHEAT TREE NUT
SOY FISH SHELLFISH SESAME

LEVEL	CATEGORY	TIME	YIELDS
Apprentice	Vegetable Dish	30 minutes	4 Servings

It starts as a solid and then magically through cooking it turns into strings of spaghetti. This is a vegetable that is fun to cook and eat.

Ingredients:

- 2 Whole Spaghetti Squashes
- ¼ Cup of Olive Oil
- 1 Tsp. Salt
- 1 Tsp. Pepper
- 1 Tsp. Garlic Powder

Tools:

- Cutting Board
- Chopping Knife
- Large Spoon
- Fork
- Baking Sheet
- Oven Mitts
- Platter or Plates
- Tongs

Instructions:

1. Preheat your oven to 425°.
2. Place your Spaghetti Squash on your cutting board. Cut each squash length wise in half. You will now have 4 halves.
3. Scoop out the seeds from the center using a large metal spoon.
4. Pierce with a fork spaced out over the outside skin of each of the halves.
5. Rub the cut sides of the spaghetti squash with olive oil. Sprinkle each one with the salt, pepper and garlic powder.
6. Place each squash half cut side down on the baking sheet. Place in oven.
7. Cook for 20-25 minutes. Using your oven mitts, take the pan out and poke the cut sides of the squash with a fork. It is done when the squash is soft all the way down when you pierce it with a fork or knife. If still hard continue cooking until soft. The edges of the squash will be golden brown.

8. Once the squash is out of the oven, allow it to cool for 5 minutes.
9. Hold a squash half with tongs on your cutting board. Take a fork and scrape the squash from end to end going a little bit deeper with each pass of your fork. You will have strings of “spaghetti” you can use as a side dish or a main meal. Discard the skin shells.
10. Add salt and pepper to taste. Place on your plate or store in an airtight container in the refrigerator for up to 3- 4 days.

Tip: You can add spices such as chives, curry, cumin, allergy friendly butter or cheese and red sauce. There are endless versions you can make!

Trick: If you have children: have them scrape the spaghetti squash once it has cooled enough. They can experience the magical transformation from solid to spaghetti. You can place options such as spices, allergy friendly butter or cheese and sauces in bowls to have your own pasta bar. Shhh don't tell them it is actually vegetable!

