

# Spaghetti Squash



Serving size: 4-6 (1 cup)

TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

## Preparation

1. Using a sharp knife, carefully pierce the squash 6-8 times to allow steam to escape.
2. Place entire squash onto a microwave safe plate and microwave on high for about 12 minutes or until squash gives slightly when touched.
3. Allow squash to sit for 5 minutes and then carefully (it's hot!) cut it in half length-wise.
4. Scoop out seeds and darker orange segments and discard.
5. Using a fork, pull away the strands, top with basil, and serve.

## Ingredients

- 1 whole spaghetti squash
- 1 **tablespoon** chopped basil
- 1/4 **teaspoon** black pepper



## Nutrition Facts Per Serving

Calories	44
Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	10g
Fiber	2g
Protein	1g