

# Baked Spaghetti Squash (3 ways to cook it)

## Ingredients:

- Spaghetti Squash
- olive oil
- garlic salt and pepper, to taste

## Directions:

First, you want to wash off your squash and then cut in half. *You can cut it in whichever direction you like as it will cook about the same... just make sure it will fit into your cooking dish.*

Next, take a large spoon and scrape out the seeds and insides... *kids like to help with this part. You can also roast these just like you can pumpkin seeds.*

Turn the squash over and use a fork to poke a few holes in the skin.

Now you can lightly rub the olive oil on the inside and sprinkle with seasonings.

*Choose a method of cooking below:*

*I have only tried the baking method so far so I can't really testify to the other two methods... yet.*

*Oven:*

Preheat the oven to 375.

Place your prepared squash in a baking dish or on a cookie sheet.

Bake for 30-45 minutes or until slightly tender. *The cooked squash should dent easily when you push your finger into the skin. The skin will also start to darken a bit.*

*You may find that you need to let it cook slightly longer or a little less. The desired tenderness is completely up to you!*

Let cool slightly and then use a fork to scrape out the 'noodles'.

Enjoy with your favorite sauce or dish!



### *Microwave:*

Don't oil or season your squash.

Place the prepared squash, fleshy-side down, in a microwave-safe dish. *You may only be able to cook 1/2 of the squash at a time depending on the size of your microwave.*

Add about 1/2 inch of water to the dish.

Microwave on high for 10-20 minutes, checking every 3-5 minutes for tenderness. *The cooked squash should dent easily when you push your finger into the skin. The skin will also start to darken a bit.*

Let cool slightly and then use a fork to scrape out the 'noodles'.

Season to taste and enjoy with your favorite sauce or dish!

### *Crockpot:*

Hang on to your britches because this is probably the most simple way to cook Spaghetti Squash...

You just need to clean your squash and poke some holes in the skin... *don't cut it in half or anything!*

Just put the whole squash your crockpot and cover with a lid. **NO WATER NEEDED** although I think a little broth may add a bit of flavor.

Cook on **LOW** for 6-8 hours or on **HIGH** for 3-4 hours, just until tender. *The cooked squash should dent easily when you push your finger into the skin. The skin will also start to darken a bit.*

Let cool slightly and slice in half. *Scoop out the seeds and then use a fork to scrape out the 'noodles'.*

Season to taste and enjoy with your favorite sauce or dish!