

Spaghetti Squash Recipes

How to Cook Spaghetti Squash

A simple recipe from Love and Lemons: www.loveandlemons.com/how-to-cook-spaghetti-squash/

This page has great tips for spaghetti squash first-timers at the address above.

- 1 spaghetti squash
- extra-virgin olive oil
- sea salt and freshly ground black pepper

Instructions:

Preheat the oven to 400°F.

Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.

Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.

Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.

Chicken Feta Spaghetti Squash (4 servings):

Source: Riley's Stupid Recipes

- 1 whole spaghetti squash
- 10 oz cherry tomatoes
- 8 oz feta cheese
- 8 oz shredded rotisserie chicken
- Olive oil, salt, pepper, oregano, fresh parsley to taste

Instructions:

Slice squash lengthwise, scoop out seeds. Coat squash in olive oil, and season with salt, oregano, pepper. Add 4 ounces of feta + half the tomatoes to each squash half. Bake at 400°F for ~45 minutes or until soft. Mix squash, cheese and tomato mixture, add chicken & parsley, and enjoy.

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Stuffed Spaghetti Squash – Spaghetti sauce stuffed into a roasted spaghetti squash for a light, classic dish

Source: MyPocketKitchen.com

- 1 spaghetti squash, 4 lbs
- 1 tablespoon olive oil
- Salt and pepper

For the sauce

- 1 tablespoon olive oil
- 1 lg white onion, finely diced
- 1 lb lean ground beef
- 4 cloves garlic, minced
- 8-9 cremini mushrooms
- 1 cup tomato tomato sauce
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ cup finely chopped fresh basil

Toppings

- 1 cup mozzarella grated
- ¼ cup Parmesan cheese
- Fresh parsley finely chopped, optional garnish

Instructions

Preheat the oven to 425°F. Cut squash in half lengthwise and scrape out the seeds. Place, cut side up, on a foil or parchment-lined baking sheet. Drizzle with olive oil and sprinkle with salt and freshly ground black pepper. Bake for 45-50 minutes or until squash pulls easily from the shell with a fork.

Meanwhile, heat 1 tbsp. olive oil in a large skillet. Add onion and cook for 5 minutes or until it starts to look “glassy”. Add ground meat and cook for another 5 minutes. Add mushrooms and garlic and continue cooking until the meat is no longer pink and mushrooms are softened. Add tomato sauce and bring to a boil. Reduce heat, cover, and let simmer for 15 minutes. Remove from heat and add in fresh basil.

Remove squash from oven and when cool enough to handle, scrape about half of the squash from each shell. Stir into meat mixture then scoop the meat and squash mixture back into the shells. Top with mozzarella cheese then sprinkle with Parmesan.

Return to the oven and bake for 10-15 minutes or until cheese is melted and bubbling. Remove from oven and sprinkle with fresh parsley.

