

Spaghetti Squash

1 spaghetti squash (about 3lbs)

- Cut squash in half lengthwise; remove seeds.
- Place, cut side down, on lightly greased baking sheet. Bake in preheated 400°F oven until easily pierced with a fork, about 45 minutes.

OR

- Pierce squash about 20 times with fork. Place in microwave on high; rotate every 4 minutes, cooking for a total of 12 minutes.
- Using fork, gently scrape strands from squash into bowl. Serve with Marinara Sauce.
- Makes 4 servings.