

## ***How to Prepare Spaghetti Squash***

### **To Bake:**

Preheat oven to 350°

Cut the squash in half lengthwise. (It is difficult to cut.) Remove the seeds and place cut side down on a baking sheet. Bake for 45 minutes. Use a fork to pull the strands out. Toss with your favorite pasta sauce, parmesan cheese, or Italian seasonings.

### **To Microwave:**

Cut the squash in half lengthwise and remove the seeds. Place cut side down on a microwave safe dish with ½ cup of water. Cover with a lid or plastic wrap and cook on high for 8-12 minutes. Remove the strands with a fork.

### **To Boil:**

In a pot large enough to hold the whole squash, bring water to a boil Drop the squash in and let it cook for 20-30 minutes. It is done when a fork easily pierces the skin and goes into the flesh.

### **In a Crock Pot:**

Pierce the skin of the squash several times. Place the whole squash in the crock pot and add two cups of water. Cook on low 8-9 hours.