How to Prepare Spaghetti Squash

To Bake:
Preheat oven to 350º

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.