

# Spaghetti Squash



## Basic Prep: BAKED SPAGHETTI SQUASH

1 med. spaghetti squash  
4 tablespoons butter, divided  
Preheat oven to 350°F.

Cut squash in half lengthwise. Clean cavity of seeds. Place in baking dish with about 1 inch of water, cut side up. Dab butter on edges and in squash.

Bake uncovered for 50 minutes or until fork inserts easily.

Scrape out inside of squash with a fork into spaghetti-like strands.  
Enjoy as you would any spaghetti dish!

## Spaghetti Squash Enhanced (We have all the ingredients!)

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.