

Roasted Spaghetti Squash

4 SERVINGS 50 MINUTES



INGREDIENTS

1 Spaghetti Squash (large)

NUTRITION

AMOUNT PER SERVING

Calories	43	Iron	1mg
Fat	0g	Vitamin D	0IU
Carbs	11g	Folate	18µg
Fiber	2g	Magnesium	34mg
Protein	1g	Zinc	0mg
Vitamin C	12mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes.
- 03 Remove the squash from the oven and let it cool. Use a fork to shred the flesh into noodles. Enjoy!

NOTES

RECIPE ID 210

SERVE IT AS

A pasta alternative or in a stir fry. You can also pair it with a protein and vegetable.

LEFTOVERS

Cooked spaghetti squash keeps well in the fridge for 3 to 4 days.

MORE FLAVOR

Cook with oil and season with your compatible spices.