

How to Cook Spaghetti Squash 4 Ways



Prep: 10 minutes

Cook: 10-60 mins

Yields: 4 servings

INGREDIENTS

1 spaghetti squash

Cooking spray or cooking oil

Toppings of your choice: pasta sauce, chili, cheese, nuts, beans, fresh or cooked vegetables, etc.

HOW TO ROAST IN AN OVEN

1. Preheat the oven to 400 degrees F.
2. Cut the squash in half and scoop out the seeds. Spray with cooking spray or brush with oil. Season with salt, pepper, and other seasonings. Place the spaghetti squash flesh side down on a baking sheet and roast for 35-45 minutes in the oven until tender.
3. Once the spaghetti squash is cooled slightly, carefully scrape the squash with a fork to separate the strands from the skin. The strands will look just like spaghetti noodles!



Photo by Eric Prouzet.

HOW TO COOK IN THE MICROWAVE

1. Cut the spaghetti squash in half and scoop out the seeds. Place the halves in a container with about 1 inch of water, flesh side down. Microwave for 8-10 minutes until tender.
2. Scrape the squash with a fork once it has cooled to separate the strands from the skin, season, and add the toppings of your choice.

HOW TO COOK IN A SLOW COOKER

1. Cut the spaghetti squash in half and scrape out the seeds. Add halves to the crockpot or slow cooker with 1 cup of liquid. You can use water or broth. Cook the spaghetti squash on high for 3 hours or on low for 6 hours until tender.
2. Let cool slightly and scrape with a fork to separate the strands from the skin. Add seasonings and sauce and enjoy!

HOW TO COOK ON THE STOVETOP

1. First, cut the spaghetti squash into pieces.
2. Place the pieces in a pot and cover with broth or water. Bring to a boil and cook for 15-20 minutes until the squash is tender. Remove the squash and strain the liquid.
3. Let cool slightly and scrape the strands from the squash.

CHEF'S NOTES

Once the spaghetti squash is cooked and the "noodles" have been separated, top with your favorite pasta sauce and or pizza toppings such as cheese, meat, diced tomatoes, onions, garlic, and other fresh vegetables. You can also sub cooked spaghetti squash for noodles in lasagna!