Spaghetti Squash Spaghetti

Yield: 4 servings

**Ingredients:**
- 1 ½ lb. spaghetti squash
- 1 jar pasta sauce
- Optional: parmesan cheese for garnish

**Directions:**
Cut spaghetti squash open lengthwise and remove seeds by scooping out with a spoon. Place squash cut side down in a glass dish with 1” of water. For a quick cooking method, microwave on high for 10 minutes, or until flesh is tender. If more time is available, place foiled covered dish in an oven preheated to 400 degrees F and bake 20-25 minutes or until flesh is tender. Remove squash from dish, allow to cool to handle and remove strands of flesh with a fork. Strands should look like spaghetti. Pour warm sauce over the top of the spaghetti squash, top with optional parmesan cheese and enjoy! If your family is open to it, you can even sneak some baby spinach into the pasta sauce to add an additional serving of vegetables to this dish.