

roasted spaghetti squash

Enjoy this squash in the fall a great source of vitamin A and fiber!

1. Cut a spaghetti squash in half and remove the seeds. Lightly rub the inside of the squash with vegetable oil.

- 2. Place the squash, cut side down on the baking sheet. Bake in a 400° oven for 40 to 50 minutes, or until tender.
- 3. Remove from the oven. Turn the squash over and fluff the cooked squash with a fork. Sprinkle with salt, black pepper and grated parmesan cheese.

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