



## 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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