



Spaghetti Squash with Parmesan Cheese

INGREDIENTS:

- 4 to 5 pounds spaghetti squash
- ¼ cup olive oil
- 2 cloves garlic, minced
- ¾ cup Parmesan cheese, freshly grated
- 1 tablespoon fresh basil or parsley, minced

DIRECTIONS:

1. With a fork or metal skewer, pierce squash in several places. Place on baking pan and bake 1 hour & 30 minutes to 2 hours. Using pot holders, squeeze squash to test for doneness. Squash is ready when it gives slightly under pressure. Remove and cool.
2. Heat olive oil over medium heat. Add garlic and cook until tender, about 5 minutes.
3. When squash is cool enough to handle, cut in half, lengthwise and scoop out insides. Using a fork, pull pulp from the shell in long strands and add them to the garlic oil.
4. Toss strands gently with cheese.
5. Pour mixture into a serving bowl and garnish with basil and parsley. Serve with additional Parmesan cheese.

Source: *Cooking with Extension Cookbook* | **Yield:** 10 (1 cup) servings; 137 Calories per serving. Total fat 9g; Protein 4g; Total carbohydrate 13g; Dietary fat 0g, Sodium 146mg.