

BAKED HERB SPAGHETTI SQUASH

Who doesn't love the surprise?! Open up a spaghetti squash, scrape with a fork, and spaghetti-like strands magically appear!

adapted by Chef Kurt Kwiatkowski

Featured Food: Spaghetti Squash

Yield: Serves 4

Ingredients

1 spaghetti squash (about 2 ½ pounds)	2 T. + 1 t. mix of fresh chopped herbs: thyme, parsley, sage, and chives
1 T. butter	1 t. salt
1 T. extra virgin olive oil	½ t. freshly ground black pepper

Preparation

Preheat oven to 350°.

Cut 1/8 - 1/4 inch off of ends, then cut squash in half lengthwise. Place in a baking dish cut side down. Add water to baking dish until the bottom of squash is covered (up to 1/4 of an inch). Cover top of pan with aluminum foil. Bake for 45 minutes until the squash can be easily pierced with a paring knife.

Flip squash, cover with foil and bake for 15 minutes or until tender.

Remove from oven, uncover and allow squash to cool for 10 minutes.

Remove the seeds with a large spoon and discard. Use a fork to pull the strands of squash and put them in a large bowl.

Heat a skillet and add olive oil, squash strands, herbs, salt and pepper. Mix thoroughly until spaghetti squash is warm. After squash is warm, add butter and toss until incorporated.

Serve immediately.