Spaghetti Squash

Ingredients
1 spaghetti squash

Directions
1. Prepare squash by cutting in half lengthwise and removing seeds. Pierce skin several times with a fork and follow one of the cooking methods below.

To bake, prepare squash, and place, cut side down, in a large baking pan filled with ½ inch water. Bake at 350 degrees Fahrenheit for 30-45 minutes or until skin is tender and strands may be loosened with a fork.

To microwave, prepare squash, and place, cut side down, in a baking dish. Add ¼ cup water; cover with plastic wrap, folding back a small edge of wrap to allow steam to escape. Cook on HIGH 7 to 10 minutes.

To boil, prepare squash, and place, cut side down, in a Dutch oven, add water to a depth of 2 inches. Bring to a boil; cover, reduce heat, and simmer 20 to 25 minutes or until tender. Drain. Cool cooked squash. Using a fork, remove spaghetti-like strands of pulp. Discard shell.

Yield: 1 medium spaghetti squash equals about 4 cups cooked.

Recipe adapted from BigOven.com