



EASY Spaghetti Squash Marinara

Spaghetti Squash

Your favorite Marina Sauce

Grated Parmesan cheese

Microwave: Pierce shell of Spaghetti Squash with a knife to allow ventilation (7+ times)

Microwave for 8-15 minutes, depending on the size of the squash. Half way through, turn squash over to allow even cooking. After microwaving, cut the squash in half and clean out seeds. Use fork to ruffle flesh of Spaghetti Squash. Pour your favorite marinara sauce on top. Sprinkle with parmesan cheese. Serve.

(Recipe Submitted by Julie Baloian Grabe)