

GARLIC BUTTER SPAGHETTI SQUASH



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INGREDIENTS

- Ingredients:
- 1 spaghetti squash
- ½ tsp sea salt
- ½ tsp black pepper
- 2-3 tbsp smart balance lite butter
- 2-3 tbsp fresh parmesan cheese shredded
- Parsley to taste
- Oregano to taste

INSTRUCTIONS:

1. With knife poke holes in each side of squash and then place on baking sheet and Bake spaghetti squash in oven at 375 for 45 minutes to 1 hour (depending on size) until soft to slice through but not too mushy
2. Scrape out seeds and then with a fork stroke from top of squash to the bottom making strands of “spaghetti”
3. In sauce pan melt butter and cheese and add seasonings
4. Once sauce is melted, add strands of spaghetti squash and cook for 2 additional minutes then serve warm