

Wauwatosa Harvest of the Month

November

Spaghetti Squash



Easy Baked Spaghetti Squash

- 1 (3 pound) spaghetti squash
- ½ cup water

Directions

1. Preheat oven to 350°F. Cut spaghetti squash in half lengthwise. Scrape out and discard seeds and membranes. Place halves, cut-side down, in a large baking dish; add water. Bake until tender, 45 to 50 minutes. Remove squash from oven. Turn cut-side up; let cool for 10 minutes. Scrape the inside of the squash with a fork to remove the spaghetti-like strands.



For more information call
414-479-8936 or visit
www.wauwatosa.net/harvest