

Microwaved Spaghetti Squash with Garlic and Parmesan

Makes 2 Servings

Ingredients

- 1 spaghetti squash
- 1/4 cup water
- 1/4 cup finely grated Parmesan cheese
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1 tablespoon chopped fresh parsley, or 1/2 teaspoon dried basil (optional)

Directions

1. Poke squash all over with a fork. Microwave on low for 5 minutes. Carefully cut squash in half end to end. Scoop seeds out with a spoon.
2. Pour water if needed, into a small microwave safe baking dish. Working in batches if necessary, place squash halves, cut-side-down, in baking dish. Cover with plastic wrap, making sure the plastic is not touching the squash. Microwave on high for 6 to 10 minutes, until fork-tender. Carefully take out of the microwave and throw away plastic wrap.
3. Scrape inside of the squash with a fork. It will look like spaghetti. Divide Parmesan, olive oil and garlic between each squash half and stir. Garnish with parsley or dried basil (if using). Serve and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats