

Preparing spaghetti squash in the microwave

Servings: 4 per 2½ pound spaghetti squash

Poke holes, soften

With a sharp knife poke several holes into squash lengthwise. (This creates a line that will be the mark for cutting in half.) Microwave for 5 minutes on high to soften squash.

Cut in half, scoop out seeds

Handle with caution, squash may be hot. Along line of holes, cut squash completely in half. With a spoon, scoop out seeds. Season with salt and pepper.

Cut-side down, microwave

Place squash half (or halves) cut-side down in a microwave-safe dish. Pour ¼ inch of water in dish. Microwave 15 minutes on high, or until flesh is soft. (Cook times might vary with different microwaves and squash sizes.)

Let cool slightly, remove squash

Once squash is cooked through, remove from dish and let cool a little. Carefully scrape strands of squash out of shell with fork to serve.

1 (2 to 3 pound) **spaghetti squash**

salt and pepper

¼ inch **water**

Top it like pasta

Three combinations:

Chicken marinara

Top squash with warm marinara sauce, grilled chicken tenders and fresh grated Parmesan cheese.

Chili cheese

Top squash with thick beef chili and shredded cheddar cheese.

Vegetable salad

Top cooled or leftover squash from the refrigerator with fresh broccoli, cherry tomatoes, cheese cubes and creamy Italian dressing,

Illustration by Justin Gilbert |
For The Journal Gazette