



Garlicky Spaghetti Squash

6 servings

INGREDIENTS

- Spaghetti squash
- 1 Tbsp oil
- 1 garlic clove, minced
- 1 Tbsp grated Parmesan cheese
- Salt and black pepper, to taste

DIRECTIONS

1. Pre-heat the oven to 400°F. Put squash on a cookie sheet and bake whole until soft, about 45 - 60 minutes. Remove from oven and set aside. Once cool cut squash in half and scoop out the seeds. Pull a fork through the squash to separate into long strands. Cover and keep warm.
2. In a large frying pan, heat oil over medium heat. Add the garlic, cook 2 minutes, stirring often.
3. Add the squash to the pan. Cook until the squash is hot. Add the cheese, salt and pepper.



**Vermont
Foodbank**
VT Fresh

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.