



# 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.



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