

Maple and Spice Spaghetti Squash

Prep Time: 5 min

Cook Time: 30 min

Servings: 2

Maple and Spice Spaghetti Squash celebrates all the flavors of your favorite breakfast items in a low-carb, guilt free way! Great topped with berries or for a complete breakfast serve with a side of eggs. Looking for one less dish to clean? No need to transfer to a dish, the exterior shell makes a great bowl!



Ingredients

- 1 spaghetti squash
- 1 tsp butter
- 1 Tbsp maple syrup
- pumpkin pie spice*, to taste

*pumpkin pie spice is a combination of cinnamon, nutmeg, allspice, ginger and clove.

Steps

1. Pre-heat oven to 400°F.
2. Cut squash in half lengthwise and remove seeds (save for roasting, optional).
3. Put squash on a lined or lightly greased baking sheet cut side down. Bake until fork tender, but still a little firm; about 30 minutes. The time will vary depending on the size of the squash.
4. Remove from oven and carefully turn over squash so it is cut side up. Allow to cool for 5 minutes. Working from the outside to the center, use a fork to separate into long strands. Transfer to dishes.
5. Top with butter, pumpkin pie spice, and maple syrup. Serve hot.
6. Tip: Treat spaghetti squash as though it were oatmeal, top in the same way. Try adding diced apples and a touch of warm milk.



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