

Three Ways to Cook Spaghetti Squash



I've included three ways to cook spaghetti squash, oven method, microwave and slow cooker. The one that worked the best for me is the oven method. But you may find one of the other recipes works better for you.

Good-Looking Grub



Oven Method:

Ingredients:

- 1 whole medium-to-large spaghetti squash (washed thoroughly)
- 1 or 2 teaspoons of olive oil (to drizzle on the cut sides of spaghetti squash)
- Salt and pepper to taste

Directions:

1. Preheat oven to 400 degrees F.
2. Scrub the outside of the squash with a vegetable brush. Rinse and pat dry with paper towels.
3. Cut squash in half (length wise) scoop out the seeds, and add a little oil, salt and pepper to cut sides.
4. Place squash cut side down in a baking dish lined with parchment paper or sprayed with nonstick cooking spray.
5. Bake for about 45 minutes or until you can easily pierce the skin with a knife (cooking time depends on size of squash).
6. Remove squash from the oven and let cool until they've cooled down enough to be handled.
7. Fluff the squash with a fork and place the noodles on plates.
8. **Topping Options:** marinara/meat sauce, oil and garlic, onions, mushrooms, Parmesan cheese. Parsley, red pepper, basil, thyme, butter, salt and pepper.

Microwave Method:

Ingredients:

- 1 whole medium-to-large spaghetti squash (washed thoroughly)

Directions:

1. Use a small, sharp knife to pierce several holes through the shell of the spaghetti squash. Do this to the whole outside of the squash. The piercing will allow heat to get inside the squash and steam to come out. This will help distribute the heat evenly.
2. Place the squash on a microwave safe plate.
3. Microwave for about 10 minutes for a squash less than 5 pounds. Or, about 15 minutes for a squash over 5 pounds. Cooking time may vary based on the model of your microwave.
4. After the allotted cooking time, wait a minute or two for any steam to settle. Use a knife and try piercing the shell of the squash. If it pierces easily it's done. If not, cook for few more minutes. Once done, wait a minute or two and carefully remove squash from the microwave. Place on a cutting board. Once the squash is cool enough to handle, slice it in half (length wise). Scoop out and discard the seeds.
5. Fluff the noodles with a fork and transfer to a plate.
6. **Topping Options:** marinara/meat sauce, oil and garlic, onions, mushrooms, Parmesan cheese. Parsley, red pepper, basil, thyme, butter, salt and pepper.

Slow Cooker Method:

Ingredients:

- 1 whole medium-to-large spaghetti squash (washed thoroughly)
- 1 cups water

Directions:

1. Use a small, sharp knife and pierce several holes through the shell of the spaghetti squash. Do this to the whole outside of the squash. The piercing will allow heat to get inside the squash and steam to come out. This is important so the squash cooks evenly.
2. Place the squash inside the slow cooker. Add the water.
3. Cover the slow cooker and cook on high for 3 to 4 hours or low for 5 to 6 hours. (for a 3- to 4-pound squash). For a squash over 5 pounds, you'll need an additional hour-on high or 1 1/2 hours -on low. Cooking time may vary (depending on the brand, model, and age of your slow cooker).
4. To check for doneness, poke the squash with a knife. If it pierces easily it's done. If not, replace the cover and cook for another half hour and check again. (Check often towards the end of cooking time to avoid mushy, overcooked noodles.)
5. When done, turn off the slow cooker and remove the cover. Wait a minute or two for any steam to settle. Carefully remove squash and place on a cutting board. Once the squash is cool enough to handle, slice it in half (length wise). Scoop out and discard the seeds.
6. Fluff the noodles with a fork and transfer to a plate.
7. **Topping Options:** marinara/meat sauce, oil and garlic, onions, mushrooms, Parmesan cheese. Parsley, red pepper, basil, thyme, butter, salt and pepper.

Tips:

- Cooked spaghetti squash will stay fresh in the refrigerator for about 4 days and can be used in a variety of recipes.