



Touros College
Project Aspire @ P.S. 197
Healthy Cooking Lesson
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SIMPLE AND DELICIOUS SPAGHETTI SQUASH

Yield or Servings: 4



Ingredients

1 spaghetti squash
1 tablespoon butter
1 teaspoon fresh sage, minced
Salt and freshly ground pepper

Directions

1. Preheat oven to 400° F
2. Wash squash, cut it in half lengthwise, remove and discard seeds
3. Place it in a baking sheet, skin side up, season it with salt and pepper and drizzle a bit of oil
4. Bake it for about 45 minutes or till fork tender
5. Once cool enough to handle, using a fork, scrape flesh from top to bottom and place it in a bowl. Repeat with the other half.
6. Melt butter, add sage. Add it to the squash, mix and serve warm.