



**Happy, Healthy New Year !!!!**  
Culinary Class with Chef Lisa Fidler  
January 23, 2014

## **Roasting Spaghetti Squash**

### **Spaghetti Squash**

(approximately 1 – 1.25 lbs per person, which will give you ~2 cups of squash per person)

S&P

Little Coconut Oil

Toppings of choice

Preheat oven to 400.

First, carefully slice off the stem end of the squash

Stand the squash upright on the newly created flat end. Carefully use your knife to vertically slice the squash in half.

Use a spoon to scoop out seeds; rub with coconut oil, season with S&P, then place the squash halves cut-side down on a cooking sheet coated with cooking spray.

Bake at 400 for 25 minutes (5-10 minutes longer for a large squash). Let cool until you can handle it, comfortably. Using an oven mitt, hold one half of squash in your hand while using a fork to scrape the squash innards onto a plate. If the squash does not easily break apart into noodle-like strands when you scrape it with the fork, put the halves back into the oven for another 5 minutes before trying again.