

VeraVia Spaghetti Squash Pasta

Ingredients:

(For 2 people)

1 spaghetti Squash

1 head garlic

Olive oil and butter

Fresh herbs: Thyme, parsley and sage

Salt and pepper to taste

Method:

1. Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the squash pulp with a spoon.
2. With a sharp knife, puncture skin and place halves onto an oven safe cooking dish face up.
3. Clean head of garlic and thinly slice garlic.
4. Spread garlic into inside of squash, salt and pepper vigorously, drizzle with a 50/50 mixture of olive oil, and butter (get the oil everywhere inside the squash).
5. Place onto the upper middle rack of the oven for about 30-40 minutes. (You will know it is ready when the squash separates with little resistance from the skin).
6. Remove from oven, and place in coldest location possible for at least 20 minutes, before separating from skin.
7. Use a fork to scoop and separate squash strands, add any other ingredients you like at this point.
8. Fresh herbs, Parmesan, Romano, or Pecorino, Ricotta or Feta, are all delicious additions to this dish, as well as shrimp, sausage, pesto or olives.