



Spaghetti Squash

Prep Time: 5 minutes
Cook Time: 5-6 hours



You Will Use

1 3lb (1.36 kg) Spaghetti squash



spaghetti
squash

You Will Need

- Cutting board
- Knife
- Slow cooker
- Fork

Tips and Tricks

- A 3 lb squash requires 5-6 hours of cook time on the LOW setting. For each additional lb of squash, add 1 hour to the cooking time.
- This recipe makes a great base for tomato sauce.



1. Wash skin of squash. Prick the skin several times with a paring knife or fork.



2. Place squash into slow cooker. Cover and cook on LOW for 5-6 hours.



3. To check that squash is done, quickly and firmly press the outside of the squash with your finger. It should dent easily but not feel completely mushy. Let cool.



4. When cooled, cut in half and remove seeds. Using a fork, pull apart the inside of squash.