Spaghetti Squash

Ingredients:

1 Large Spaghetti Squash, Sliced in half lengthwise
Salt and Pepper to Taste
1 TBS Olive Oil

Directions:

1. Preheat oven to 350
2. Sprinkle salt, pepper and olive oil over squash and place face down on a baking sheet
3. Bake 35-40 minutes or until tender.
4. Remove from oven and flip over immediately.
5. Scoop squash from shell with a fork, creating "spaghetti" and serve hot.

Note: Top with your favorite sauce as a replacement for pasta.

Prep Time: Approx. 5 Minutes
Cooking Time: Approx. 35-40 Minutes
Yields: About 3-4 Servings

www.wisdominnutrition.com
703-598- 2676