

Spaghetti Squash

Easy roasted spaghetti squash recipe - a healthy, low-carb pasta alternative. Simple preparation with olive oil, salt, and pepper.

15 min

PREP

30 min

COOK

45 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Spaghetti Squash

Ingredients

- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare for roasting**

Preheat oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 2** Cut the spaghetti squash in half lengthwise using a sharp chef's knife, cutting through the stem end to the bottom.
- 3** Scrape out all seeds and stringy pulp from the center cavity of both halves using a large spoon or ice cream scoop.
- 4** Drizzle 2 tablespoons olive oil over the cut surfaces of both squash halves, rubbing it into the flesh with your hands.
- 5** Season both halves evenly with 1 teaspoon salt and 1 teaspoon pepper, rubbing the seasonings into the oiled flesh.
- 6 Roast the squash**

Place squash halves cut-side down on the prepared baking sheet. Roast for 40-50 minutes, until the flesh is easily pierced with a fork and gives slightly when pressed.
- 7 Create the strands**

Remove from oven and let cool for 5 minutes until safe to handle. Flip squash halves cut-side up.
- 8** Use a fork to scrape the flesh crosswise into spaghetti-like strands, starting from the outer edges and working toward the center until all flesh is removed from the shells.

Tips

Choose a heavy, firm spaghetti squash with a matte (not glossy) skin and no soft spots. The squash should sound hollow when tapped and feel heavy for its size, indicating good flesh-to-seed ratio.

To make cutting easier, pierce the whole squash several times with a fork and microwave for 3-4 minutes to soften slightly before cutting in half lengthwise.

Place squash cut-side down on the baking sheet to prevent the flesh from drying out and to ensure even cooking. This method also helps concentrate the natural flavors.

Don't overcook the squash or it will become mushy. Start checking for doneness at 35 minutes - the flesh should be tender but still have some texture when scraped into strands.

Let the cooked squash cool for 5-10 minutes before scraping to avoid burning your hands and to allow the strands to set properly.

Scrape the flesh with a fork in long, steady motions from the outer edge toward the center to create the longest, most pasta-like strands.

If the squash strands seem watery after cooking, lightly salt them and let drain in a colander for 10 minutes, then gently press with paper towels before serving.

Save and roast the seeds just like pumpkin seeds - clean them, toss with oil and salt, then bake at 300°F for 15-20 minutes for a nutritious snack.