

# What Do I Do With This Spaghetti Squash?



Despite its name, spaghetti squash doesn't really taste like spaghetti. However, when paired with the right sauce and the right recipe, it can be a great healthy alternative to pasta. Once this yellow winter squash is cooked, the squash's "meat" falls away from the skin, causing it to resemble spaghetti or thin angel hair pasta. But spaghetti squash can be used for so much more than a pasta alternative. Here are 5 ideas we find fun if you're looking for ways to experiment with this market staple.

(Pro-tip: Microwaving your spaghetti squash for 4-5 minutes makes it much easier to cut in half.)

**Roasted Tomatoes Over Spaghetti Squash**-Tender spaghetti squash complements roasted cherry tomatoes and salty mozzarella cheese. It's one of the classic ways to enjoy the mild squash—with Italian-inspired toppings—without having to cover everything in sauce.

**Spaghetti Squash Apple Fritters**-Spaghetti squash works in more than just savory dishes. If you're craving something slightly sweet, this recipe pairs spaghetti squash with apples and onions to make a fritter that's grain-free and dairy-free. Sounds like a winner!

**Cheesy Spaghetti Squash**-Here, spaghetti squash replaces pasta for a healthier alternative to macaroni and cheese. This makes for a fantastic way to get your little ones to eat more vegetables without having to hide anything green.

**Garlic Parmesan Spaghetti Squash**-Calling all Instant Pot users! We love a dinner that takes 30 minutes or less to make. Add spaghetti squash, red pepper flakes, Parmesan cheese, and a few other key ingredients to be rewarded with a keto- and vegetarian-friendly meal. A great dish to make on those busy work nights.

**Spaghetti Squash Pizza Boats**-Craving pizza? Spaghetti squash makes for the perfect vessel for all of those classic pizza flavors. Plus, you get some extra veggies in an otherwise cheese-filled dish.

## Spaghetti Squash with Garlic and Breadcrumbs

This is the time we start seeing a lot of winter squash at the market. This recipe shows you a simple way to prepare Spaghetti Squash. More vitamins and minerals and less carbs than pasta BUT JUST AS DELICIOUS AND MORE FUN!

Makes Serves 4 ·

### Ingredients

1 spaghetti squash, about 3 pounds  
2 tablespoons olive oil  
3 large garlic cloves, minced  
2 tablespoons breadcrumbs, preferably panko style  
2 tablespoons finely chopped flat-leaf parsley  
Salt and pepper to taste  
¼ cup grated Parmesan

### Directions

- Preheat the oven to 375 degrees.
- Pierce the squash in several places with a sharp knife. Cover a baking sheet with foil, and place the squash on top. Bake for one hour, until the squash is soft and easy to cut with a knife.
- Remove from the heat, and allow to cool until you can handle it. Cut in half lengthwise, and allow to cool some more. Remove the seeds and discard. Scoop out the flesh from half of the squash, and place in a bowl. Run a fork through the flesh to separate the spaghetti-like strands. You should have about 3-4 cups of squash. Set aside the other half for another dish.
- Heat the oil in a large, heavy nonstick skillet over medium heat, and add the garlic and bread crumbs. When they begin to sizzle and smell fragrant and the breadcrumbs are crisp, after about a minute – stir in the squash and parsley, and season to taste with salt and pepper. Toss together over medium heat until the squash is infused with the garlic and oil and heated through, 6 to 8 minutes. Remove to a warm serving dish, top with freshly grated Parmesan and serve.