

# Recipes and Tips



## Spaghetti Squash

How big a squash do you need?

Approximately  $\frac{1}{2}$  a pound of whole squash –  
skin, seeds – per person

Pre-heat the oven to 200C°

Cut the squash in half lengthwise

Use a spoon to scoop out the seeds

Drizzle the insides lightly with olive oil and sprinkle with salt and pepper.

Place the squash halves cut side down on a baking sheet. Use a fork to make some holes in the skin of the squash.

Place in the oven for 30-40 minutes.

Once cooked, use a fork to scrape the strands.

Eat in the skin or transfer into a bowl. Cover with your favourite pasta sauce or just a bit of butter, salt and perhaps some grated cheese– you choose.