

Microwave Spaghetti Squash

Substitute the spaghetti squash for the pasta noodles when serving spaghetti sauce with "noodles" for a change of pace. This is very easy since the squash is cooked whole in the microwave!

4 cups (1 medium-3 pound) spaghetti squash
1/4 cup fresh parsley
1 tablespoon butter
2 teaspoons salt free garlic and herb seasoning blend (such as Mrs. Dash or your own blend)

Make a few small holes in squash. Microwave whole squash in a microwave safe dish on High power 8 to 10 minutes. Turn squash twice during cooking time. Cooking time may vary according to microwave power. Squash will start to feel softer to the touch in places when cooked and a meat thermometer inserted into the center reads 180 degrees F. Remove squash and let sit 5 minutes before cutting in half lengthwise. Remove seeds with a spoon and discard. Scrape squash from shell into a bowl. Toss squash with parsley, butter and seasoning.

Servings: 4

Ready in: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	62.76
Calories From Fat (49%)	30.47
% Daily Value	
Total Fat 3.50g	5%
Saturated Fat 1.95g	10%
Cholesterol 7.63mg	3%
Sodium 20.02mg	1%
Potassium 146.12mg	4%
Carbohydrates 8.24g	3%
Dietary Fiber 0.26g	1%
Sugar 0.37g	
Sugar Alcohols 0.00g	
Net Carbohydrates 7.97g	
Protein 1.02g	2%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 cups (1 medium-3 pound) spaghetti squash	4 x 1 cup, cubes of Squash, winter, spaghetti, raw
1/4 cup fresh parsley	0.25 x 1 cup of Parsley, raw
1 tablespoon butter	1 x 1 tablespoon of Butter, without salt
2 teaspoons salt free garlic and herb seasoning blend (such as Mrs. Dash or your own blend)	2 x 1 teaspoon of Spices, garlic powder

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.