

Microwaved Spaghetti Squash

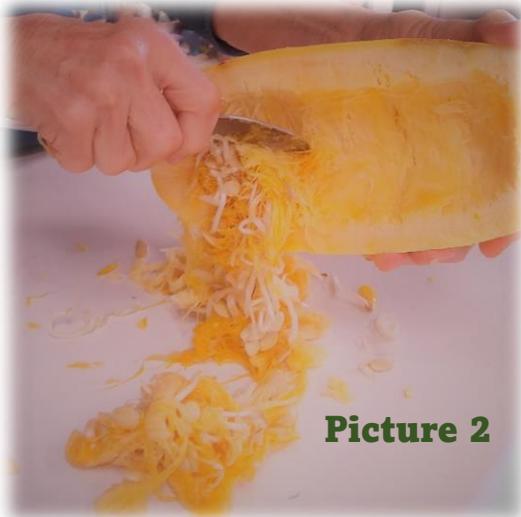
The kids love this squash, but it may be because it is disguised somewhat. When served, it resembles noodles.

Cutting in Half

The first step may be the hardest, because this squash can develop a hard exterior. This is great for long-term storage at room temperature, but it can be frustrating when cutting in half.



Cut the squash in half as shown in picture 1. (Nana often has to hit the back of her knife with a hammer.)



For step 2, scrape out the seeds.

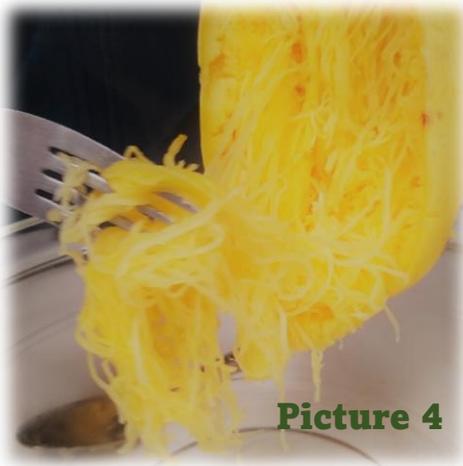
Cooking

Now get a microwaveable dish that is big enough to allow the squash to lay cut side down. (Nana usually uses a glass casserole dish as shown in the third picture.)

Put about one inch of water in the pan, then lay the first half of the spaghetti squash cut side down as shown in picture 3.



Microwave for about 7-9 minutes or until the meat of the squash shreds with a fork when you "scratch" the inside (picture 4).



If all of the meat does not easily come out, get what you can, then microwave longer. Keep repeating until you've got the meat out.

You can cook the second half or wrap it in plastic wrap and save in the refrigerator for up to one week.

Seasoning and Presentation

Add seasoning as you wish. As the name suggests, we often treat the squash as if it is spaghetti noodles. Some families like to put just butter and salt on their "noodles" and serve. Others, like Nana, sprinkle with olive oil or butter and her favorite Italian seasonings and serve it as a side. Another popular option is to make a meal out of it by adding your favorite marinara sauce and meatballs.