

SAUTEED SPAGHETTI SQUASH

The Cooks Next Door

2 sm-med. Spaghetti Squash

4 Tb. butter (you could sub olive oil if you are vegan)

1 large clove garlic, minced

2-3 Tb. Fresh Sage

1-2 Tb. Fresh Parsley

1-2 tsp. Fresh Oregano

Salt & Pepper to taste

Cut Spaghetti squash in half lengthwise. Place cut side down on a shallow baking sheet (like a bar pan or jelly roll pan). Add water to 1/2 inch. Cover with foil and bake at 375 for 45 minutes, uncover and bake for another 10-15 minutes until it can be easily pierced with a fork (I actually turned mine over). Scrape out seeds. In a separate bowl, scrape out the squash.

In a skillet, melt butter. Add garlic and herbs (you can change up the herbs and amounts for your taste – the sage is especially amazing!). Cook for a few minutes until garlic is softened and the herbs are aromatic. Add the squash and sauté for 5 minutes until heated through and combined with butter and herbs. Serve immediately.