

Spaghetti squash

Ingredients

1 [spaghetti squash](#), (3 lb/1.5 kg)

1/4 cup (50 mL) freshly grated [parmesan cheese](#)

Herb Butter:

3 tbsp (45 mL) [butter](#)

1 large [clove garlic](#), minced

1/4 tsp (1 mL) [salt](#)

2 tbsp (25 mL) chopped fresh [sage](#) or fresh [basil](#) or fresh [parsley](#)

1/4 tsp (1 mL) [pepper](#)

Preparation:

Halve and seed squash. Place, cut side down, on lightly greased baking sheet; bake in 400°F (200°C) oven for about 1 hour or until flesh is easily pierced. (Alternatively, microwave, flesh side up and covered with plastic wrap, at High for 15 minutes or until easily pierced.) Using fork, gently scrape cooked strands from squash; transfer to large bowl.

Herb Butter: Meanwhile, in small saucepan, melt butter over medium-low heat; add garlic and salt. Cook for about 5 minutes or until garlic starts to turn golden. Remove from heat; stir in sage and pepper. Pour over squash; add cheese and toss.