

# Baked Spaghetti Squash

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- 3 pound spaghetti squash
- 2 tablespoons olive oil
- salt and pepper to taste
- 1 medium onion diced
- 1 jar pasta sauce
- 1/2 cup grated parmesan cheese

## Instructions:

### Preparing the squash

First rinse the squash. Place it on a cutting board and use an 8 inch chef's knife to slice it in half. After your squash is sliced in half, use a spoon to scoop out the seeds. Then use a silicone spatula to spread 1 tablespoon of olive oil on each half. Sprinkle it with salt and pepper.

### How to bake spaghetti squash

Place the squash cut side down on a sheet pan or cookie sheet. Preheat the oven to 400 degrees. Bake for 25 minutes or until the flesh separates easily when pricked with a fork. Note, this time is for a 3 pound squash, the time may vary with a larger or smaller squash. While your squash bakes, saute the onion.

### Preparing your pasta

Allow the squash to cool for 15 minutes or until it is cool enough to handle. Use a spoon to scoop out the flesh aka: pasta. Use 2 forks to separate any large chunks. Place the squash into a greased 9x9 baking dish. Mix in sauteed onions and pasta sauce. Top with grated parmesan.

### Baking the pasta

Preheat the oven to 350 degrees F. Bake for 15-20 minutes or until warm and bubbly.