

# Herbed Spaghetti Squash

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 4

**Prep:** 15 minutes | **Cook:** 10 minutes

## INGREDIENTS

- 1 large spaghetti squash (about 2 pounds)
- 2 tablespoons of butter\*
- 2 tablespoons parsley, minced
- 2 tablespoons chives
- 2 tablespoons oregano
- Salt and pepper to taste



## DIRECTIONS

1. Slice spaghetti squash in half, lengthwise, from stem to tail. Remove seeds and stringy flesh. Place squash flesh side down in a microwave safe glass baking pan. Cook in 5 minute increments until inside is tender. Let squash cool to touch, turn over and "rake" a fork through the flesh to create the "noodles".
2. Heat a skillet or pan and melt butter.
3. Scrape insides directly into skillet.
4. Add in herbs and combine thoroughly.
5. Cook on medium heat for 5-7 minutes or until browned and seasonings have mixed throughout.

### \*Substitutions

2 tablespoons butter	—>	1 1/2 tablespoons olive or vegetable oil
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## Nutrition Information

*Serving size: 1/4 of recipe*

<b>Calories</b>	<b>122</b>
<b>Total fat</b>	<b>6 g</b>
Saturated fat	4 g
<b>Cholesterol</b>	<b>15 mg</b>
<b>Sodium</b>	<b>164 mg</b>
<b>Carbohydrates</b>	<b>17 g</b>
Fiber	4 g
Sugars	6 g
<b>Protein</b>	<b>2 g</b>

Recipe source: Midwest Modern Momma