Herbed Spaghetti Squash

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.

*Nutrition Information
Serving size: 1/4 of recipe
- Calories: 122
- Total fat: 6 g
- Saturated fat: 4 g
- Cholesterol: 15 mg
- Sodium: 164 mg
- Carbohydrates: 17 g
- Fiber: 4 g
- Sugars: 6 g
- Protein: 2 g

Recipe source: Midwest Modern Momma

*Substitutions
2 tablespoons butter → 1 1/2 tablespoons olive or vegetable oil