



Baked Spaghetti Squash

Makes 4 servings



**1 spaghetti squash
(about 2 1/2 pounds)**

1 tbsp butter

1 tbsp extra virgin olive oil

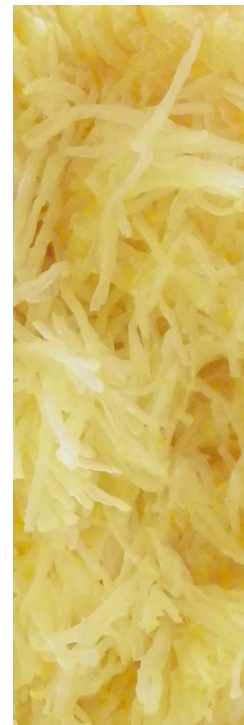
1 tsp salt

**2 tbsp + 1 tsp chopped
mixed herbs (thyme, parsley,
sage, chives)**

1/2 tsp black pepper

1. Using a sharp knife, cut the squash in half lengthwise, and place cut side down in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish, and cover with aluminum foil. Bake for 45 minutes at 350 degrees, until the squash is easily pierced with a knife.
2. Turn squash over, cover with foil again, and continue to cook another 15 minutes, until the squash is very tender.
3. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull strands of squash away from the peel; place into a mixing bowl.
4. Heat a skillet. Add the olive oil, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. After squash is warmed, add in the butter and toss again.
5. Serve immediately.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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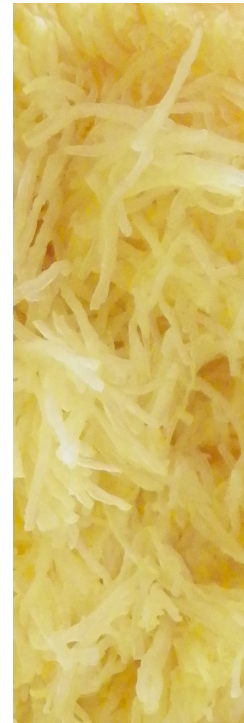
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Farmers Market Food Safety Tips

- Purchase squash with stems that are not moist, shriveled or black.
- Wash hands before and after handling fresh produce.
- Scrub winter squash with a vegetable brush, using cool running water before cooking and cutting. Do not use soap or detergent.
- Use a separate cutting board for vegetables, and keep away from raw meat, poultry and seafood.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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