Microwave Spaghetti Squash

- Slice spaghetti squash in half (the long way).
- Place spaghetti squash with cut side down on plate.
- Cover with plastic.
- Microwave for 15 minutes. Test with fork. If squash easily shreds like noodles, the squash is cooked long enough; if not, cook another 1 to 2 minutes.

Recipe Provided By:
New Mexico State University—Valencia County Cooperative Extension Service
404 Courthouse Road~PO Drawer 1059~Los Lunas, NM  87031
(505) 565-3002
Laura Bittner, County Program Director/Home Economist
lbittner@nmsu.edu
valenciaextension.nmsu.edu

New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.