



How To Cook Spaghetti Squash in the Oven

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Side dishes

INGREDIENTS

Spaghetti squash

DIRECTIONS

1. Preheat the oven to 400°F: Preheat the oven while you prep the squash.
2. Slice the squash in half: Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth to keep it steady as you cut.
3. Scoop out the seeds: Use a soup spoon to scrape out the seeds and stringy bits of flesh from inside the squash. Be careful of actually digging into the flesh, though — we want that! The inside should look clean and fairly smooth. Discard the seeds (or save them and roast them for a snack!).
4. Place the squash in a roasting pan: Place the squash halves cut-side down in a roasting pan.
5. Pour in a little water (optional): Pour a little water in the pan, enough to cover the bottom. Your squash will roast just fine without it, but I find that the water helps the squash steam and become more tender. You can also cover the pan with aluminum foil, if you prefer.
6. Cook the squash for 30 to 45 minutes: Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking.
7. The squash is done when tender: The squash is ready when you can easily pierce a fork through the flesh all the way to the peel. The flesh will also separate easily into spaghetti-like strands. You can also taste it right now — if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.
8. Scrape out the squash: Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest "noodles."
9. Serve the squash: Serve the squash immediately, tossed with a little butter or olive oil. Spaghetti squash will also keep refrigerated for up to a week, or frozen for up to 3 months.