

Spaghetti Squash

courtesy of Frank & Lois Pringle

1. Cut Spaghetti Squash in half.
2. Scoop out the seeds in each half. (Set seeds aside for roasting with **Papa Joe's Salt** and Olive Oil!)
3. Put butter & Papa Joe's Salt to taste in the hollow space of each squash half.
4. Place squash halves in a microwave safe dish with 1/2 inch water. Cover & microwave 4-5 minutes (baked potato or fresh vegetable setting).
5. When the squash is ready, use a fork to scrape the sides to the center of squash.
6. Add more Papa Joe's Salt, butter & Parmesan cheese to taste (if need be). So simple and delicious!!

