

Chef Carmella's Spaghetti Squash Recipe



Ingredients

3 lbs. Spaghetti Squash or 1 large Squash

Cut in half and seeded

1/4 cup of Olive Oil

1/4 cup of Apple Cider Vinegar

Pinch of Salt

Pinch of Ground Black Pepper

3 Tbsp. unsalted butter

4 Cloves Minced Garlic

1/2 cup Freshly Grated Parmesan Cheese

1/2 cup Brown Sugar

2 Tbsp. Minced Fresh Parsley Leaves

Instructions

Preheat the oven to 350 degrees. Use a paring knife to prick squash all over. Cut the squash in half, be sure to de seed squash.

Fill the cavity with butter, apple cider vinegar, salt and pepper, garlic, brown sugar, and olive oil.

Bake for 45 to 1 hour until soft.

With a fork, shred squash and place in glass casserole dish.

Add grated parmesan Cheese. Add minced parsley or spinach (optional).

Serve as a side dish or a main course with Marinara Sauce or just add more butter.