How To Cook Spaghetti Squash

Hands-on 5 minutes Overall 40-60 minutes

Nutritional values (per cup, 155 g/ 5.5 oz): Total carbs: 10 g, Fiber: 2.2 g, **Net carbs: 7.8 g**, Protein: 0.6 g, Fat: 0.3 g, Calories: 27 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients

1 large spaghetti squash

Optional: 1-2 tbsp ghee, salt to taste

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Cut the spaghetti squash in half, either lengthwise or widthwise (if you cut it widthwise, you'll get slightly longer strands once it's cooked). The skin of uncooked spaghetti squash is hard and it's difficult to cut through. Use the tip of a chef's knife to break through the skin in the middle part and push the blade down until cut through. Using a spoon, scoop out the seeds.
2. Optionally, brush with ghee and season with salt. You can use any other fat or oil suitable for cooking (lard, duck fat, coconut oil or olive oil). Cover with a foil (it will prevent the squash from burning on top before it cooks through), place in the oven and cook for 30 minutes. This timing works for medium-large spaghetti squash. Small quash will only need 15-20 minutes.
3. After 30 minutes, remove the foil and cook for another 10-20 minutes. When done, remove from the oven and let it cool down on a rack for 5-10 minutes. Using a fork, pull the strands out and place in a bowl. To serve, top with sauces such as Marinara, Keto Cheese Sauce, Pesto or Alfredo Sauce and serve with meatballs, meat skewers or simply topped with grated Parmesan cheese. Cooked spaghetti squash can be stored in the fridge in an airtight container for up to 5 days. For longer storage, place in plastic bags divided in manageable portions, flatten and freeze flat for up to 6 months. When ready to serve, let the prepared squash defrost at room temperature or in the fridge. *Alternative baking tip:* You can bake the squash cut-side down for 40-50 minutes (25-30 minutes for small squash). When done, remove from the oven and let it cool down before turning cut-side up and pulling the strands out. This way the squash will steam without too much moisture left in the squash and without developing the caramelised top commonly seen when you bake it cut-side up. Either method works great so it's up to you which one you use.

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