

Spaghetti Squash

1 SPAGHETTI SQUASH

**1/4 STICK SALTED BUTTER OR MARGERINE
SALT AND PEPPER**

Put squash in the microwave for a couple minutes to soften and make it easy to cut. After it cools a couple minutes use a knife and slice it in half. Place in a shallow pie plate and microwave for 4-5 minutes. Let cool enough to handle. Scrape squash out with a spoon. Add butter, salt, and pepper to taste.



Enjoy this as a side dish. You can also use it in cold salads as you would a noodle.