 **Roasted Spaghetti Squash**

*Serves 4*

**Ingredients**

1 spaghetti squash

Olive oil

Salt and pepper

**Directions**

1. Cut spaghetti squash in half and scoop on the seeds. Lightly rub with olive oil and sprinkle with salt and pepper.
2. Place cut side down on a baking sheet lined with aluminum foil.
3. Bake at 375 degrees F for 40-50 minutes, until tender.
4. Let cool and then scrape at the sides with a fork so it forms “spaghetti.”

**Nutrition**

50 cals, 10g carb, 1g protein, 0g fat (per cup)