

SPAGHETTI SQUASH

OPTIONZ WITH ELIZA'S COOKING CLASS

INGREDIENTS:

1 spaghetti squash
(or get pre-packaged squash that is peeled and cut into chunks)

Preheat oven to 425 F. Slice squash into 4 rounds (not lengthwise).
Place on rack on cookie sheet and bake for 25-30 minutes
for al dente texture.

When done, shred with fork keeping long strands.

Tip: Add butter, parmesan cheese and/or heavy whipping cream
to make a creamy side dish to go with any meal!

"Everything Tastes Better with Optionz!"