

Spaghetti Squash

[Retired at 40's: Freeze Dried Spaghetti Squash– HARVEST RIGHT FREEZE DRYER](#)

Ingredients:

Spaghetti Squash



Directions:

1. Halve and remove seeds, (save seeds to replant)
2. Preheat oven to 400°F
3. Brush squash with some olive oil, place on a cookie sheet and bake for 40 minutes to an hour
4. Instead of baking you can use the Instant Pot, Put the trivet in the bottom of the Instant Pot, put squash on trivet, seal lid, set for 7 minutes for pressure cook
5. Once squash is cooked, blot oil off of oven baked squash, peel it into the trays
6. Pre-Freeze or put right into the freeze dryer

Cycle Time: My cycle time in a medium freeze dryer was 43 hours

Rehydration: slowly add a little hot water at a time, it gets a little gooey but tastes okay



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Simple. www.freezedryingcookbook.com