

# Spaghetti Squash

*6 medium squash made about 24 cups*



## Ingredients

6 spaghetti squash  
Olive oil  
Seasonings (optional)

## Directions:

1. Cut the squash in half and remove seeds. Preheat oven to 400°F
2. Brush the fruit side of the squash with some olive oil, season if desired.
3. Place face down on a cookie sheet and bake for 45 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 the trivet, seal lid, set for 7 minutes and pressure cook. Allow to natural release.
5. Once squash is cooked, blot the oil off.
6. Line your trays with parchment or silicone mats.
7. Peel out the flesh from the squash and spread on the trays. It is easy to overload the trays with spaghetti squash so remember to keep the level at or just above the tray lips.
8. Pre-freeze when possible.
9. Freeze dry (my cycle time was 43 hours).
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add your desired amount of spaghetti squash to a mixing bowl. Slowly add a little hot water at a time. Since spaghetti squash is light and airy, avoid adding too much at once. Mix periodically and add water as needed until it all is tender. It can get a little gooey but tastes okay

## Notes:

Save the seeds and replant for next year!

To serve, consider adding seasonings such as garlic powder, parmesan cheese, or sea salt and pepper along with olive oil to coat.

## Nutritional Value Per 1 cup

Calories: 42 Protein: 1 g Fat: 0 g Carbohydrates: 10 g Sugar: 4 g Fiber: 2 g