

## Spaghetti Squash Pasta

### Ingredients

**1 medium spaghetti squash**  
**½ cup grated Parmesan cheese**  
**4 tablespoons butter**  
**Salt and pepper to taste**

### Directions

- 1. Using a knife, prick squash all over. Place in baking dish and bake for 1 hour or until soft.**
- 2. Cut squash in half. Scoop out and throw away seeds.**
- 3. Using a fork, scrape fresh strings into a serving bowl. Toss with Parmesan cheese and butter. Add salt and pepper for seasoning.**

### Tips & Facts:

- ✓ Store squash in a cool, dry place up to 3 months. Refrigeration will make the squash spoil quickly, but squash can be stored in the refrigerator 1-2 weeks. Cut squash should be tightly wrapped in plastic wrap and refrigerated.
- ✓ Bake or boil it until tender, or wrap it in plastic wrap and microwave on high for 10 to 12 minutes.
- ✓ Spaghetti squash is highly rich in beta carotene
- ✓ Spaghetti squash is a great source of potassium, vitamin C & vitamin A

### Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Spaghetti Squash	\$2.29/each	\$2.29
Parmesan Cheese	\$7.98/8oz	\$0.25
Butter	\$3.99/lb	\$0.50
<b>TOTAL</b>	<b>\$14.26</b>	<b>\$3.04</b>
		Cost per Serving: \$0.76

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