

Microwave Spaghetti Squash

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Easy

Servings

4

Description

I microwave spaghetti squash for a much easier and quicker way to cook it than roasting it in the oven Top the tender squash with your favorite ingredients or kept simple with just a pat of butter and some salt For longer strands cut the squash crosswise instead of lengthwise

Ingredients

- - 1 (3 pound) spaghetti squash - 1 cup water
- or as needed

Instructions

1. Carefully cut stem end off spaghetti squash. Poke a few small slits in squash in a dotted line where you plan to slice squash. Dotdash Meredith Food Studios Dotdash Meredith Food Studios Carefully cut between the slits until squash is cut in half. Scoop out seeds and pulp. Dotdash Meredith Food Studios Dotdash Meredith Food Studios Place squash in a 9x13-inch microwave-safe dish
2. cut-side down. Pour water into the dish so it is at least 1/2 inch deep. Dotdash Meredith Food Studios Microwave on High until skin is soft and can be pierced with a fork
3. 12 to 15 minutes. If the dish is too big to rotate
4. turn off the turntable and rotate the dish halfway through. Dotdash Meredith Food Studios Recipe Tips Cook time will vary according to squash size and microwave wattage.To make squash easier to cut
5. poke holes in squash and microwave for 5 minutes before cutting.You can reserve seeds and roast them as you would pumpkin seeds.