

# Spaghetti Squash Recipe

by Nicole Foley

(Charles Foley's daughter-in-law)

Steve and I were given a recipe by Charles. His daughter-in-law, Nicole, made it.

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Buy one large spaghetti squash.

Wash thoroughly and insert slit in the middle to prevent from Exploding in microwave.

Microwave on high for 15 minutes or until tender. (You can squeeze it or insert knife to test if done.)

Scrape seeds from squash and then scrape rest of contents.

It will look exactly like small spaghetti strands.

To serve use:

Butter

Salt

Pepper

Or

Use spaghetti sauce.

Our favorite is combining:

Butter

Parmesan cheese

Canned cream

Small can of shrimp

Small amount of garlic (finely chopped)

Toss thoroughly, and pour over squash. It is low fat and low calorie, but delicious as well.

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