

### Spaghetti Squash 'guts'

- 1 medium spaghetti squash, cut in half lengthwise
- 4-5 tablespoons tomato sauce



Scrape the seeds out of the squash and place cut side up on a plate. Microwave for 13-15 minutes, or until they are tender. Using a fork, carefully scrape the insides of the squash into a large bowl. Toss with the tomato sauce. \*Also great served with meatballs in place of spaghetti pasta\*