

SPAGHETTI OR ACORN SQUASH IN THE MICROWAVE

INGREDIENTS:

1 ACORN OR SPAGHETTI SQUASH

DIRECTIONS:

1. Wash well & dry.
2. On a flat, stable surface and with a sharp knife and being VERY CAREFUL, place squash on cutting surface and cut off a small portion of each end.
3. Turn squash vertical and place flat end on cutting surface.
4. Take the knife, place at top, flat end and cut squash lengthwise. (For safety purposes, some people use a mallet to help force the knife thru the squash - hold the knife handle in your hand and strike the other, protruding end of the knife with the mallet until squash is cut in half.
5. Scoop out the seeds and pulp from each half with a spoon and discard.
6. Place one or both halves (if space allows) of squash cut side down into a glass (Pyrex) baking dish.
7. Pour just enough water into pan to cover the bottom of the pan by about 1/4 inch.
8. Tightly cover the dish with microwave-safe plastic (Sarann) wrap.

WARNING: SQUASH WILL BE VERY HOT - BE VERY CAREFUL WHEN HANDLING!!!

9. In a 1000-watt (or greater) microwave, cook on high for 15-20 minutes (spaghetti squash) or 10-15 minutes (acorn squash) or until you can easily pierce squash's outer skin with a fork. BE VERY CAREFUL when removing plastic wrap - steam burn hazard!
10. Squash will be VERY HOT. Allow to cool in pan for several minutes before handling.
11. Carefully remove squash halves from dish and place on flat surface or in a large bowl.
12. CAUTION: Squash will still be very hot. For spaghetti squash: With a fork, scrape squash out of skin and place in bowl. For acorn squash: With a large spoon, scrape squash out of skin and place in bowl.
13. Season and serve or store covered in refrigerator.

TIPS:

You can use spaghetti squash like spaghetti - put sauce on it or just toss with butter and grated cheese. If you want to use it this way, cook a little less (shorter time), so it will be a little more al dente.

This keeps well for about a week in a covered dish in the refrigerator. Just cover and re-heat in the microwave until hot. If you want it softer (spaghetti squash), just add a little water to the bowl, cover tightly with plastic wrap and microwave to desired tenderness.

Alternate serving method for acorn squash: Cook a little less - about 10 minutes or so. Remove halves, place cut side UP on baking sheet, put a little butter on each half and sprinkle with brown sugar and

cinnamon and place under oven broiler for a few minutes until butter is melted and sugar caramelized. Serve halves on plate - do not scoop out insides.

Very healthy dishes, but lots of fiber in both - you know what I mean! ;-)

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