



Slow-Cooker Spaghetti Squash



1 cup cooked strands: 42 calories, <0.5g total fat (0g sat. fat), 28mg sodium, 10g carbs, 2g fiber, 4g sugars, 1g protein

Prep: 10 minutes **Cook:** 2 1/2 hours



Ingredients

1 spaghetti squash

Directions

Place whole squash in a slow cooker (at least 4-qt. capacity). Add 1/2 cup water.

Cover and cook on high for 2 1/2 hours, or until squash is soft.

Slice squash in half lengthwise; scoop out and discard seeds.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible.

MAKES 5 OR MORE SERVINGS

HG FYI: A 4-lb. squash yields about 5 cups cooked squash... sometimes more! The number of servings this recipe makes will vary based on your individual squash's size and yield.

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