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## SPAGHETTI SQUASH & GRUYERE CHEESE



Spaghetti squash is a hard-skinned winter squash with a mild, slightly sweet squash flavor and great texture. It's also a way to enjoy "pasta" without all the carbs. This recipe is delicious as a main dish or as a side with your favorite protein



00 HR 40 MINS



Serves 4



INGREDIENTS

- 1 small spaghetti squash, 1 to 2 pounds
- 1 clove garlic, chopped
- 2 tablespoons butter
- 2 tablespoons fresh parsley, or other soft herbs, chopped
- 1 cup shredded Gruyere cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## METHOD

Cut spaghetti squash in half and scoop out the seeds. Place squash cut side down in a microwave safe container and microwave on high for 15 minutes or until flesh is soft. Cool.

Using a fork, scrape out the flesh and pull spaghetti squash strings apart. Discard the skin.

In a small bowl, combine garlic and butter. Microwave on high for 1 minute. Pour mixture over squash. Add cheese, herbs, salt and pepper.

Toss. Serve warm.