



Roasted Spaghetti Squash



Recipe Rating	
Total Time	65 Minutes
Cooking Time	55 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Cutting board
Chef's knife
Fork & spoon
Large mixing bowl
½ size-2" production pans
Bulk Retherm Cart (or regular oven)

Nutrition Facts		
Serving Size (155g)		
Amount Per Serving		
Calories 87		
	% Daily Values*	
Total Fat 2g	3%	
Saturated Fat 0.3g	2%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 156mg	7%	
Total Carbohydrate 15g	5%	
Dietary Fiber 3g	12%	
Sugars 5g		
Protein 2g	4%	
Vitamin A 98%	●	Vitamin C 15%
Calcium 43%	●	Iron 1%

Roasted Spaghetti Squash

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Spaghetti Squash, uncooked, cut in half lengthwise	1.25 kg	2.75 lbs.	2.5 kg	5.5 lbs.
Olive oil	125 mL	½ cup	250 mL	1 cup
Salt	5 mL	1 tsp	10 mL	2 tsp
White Pepper, ground	5 mL	1 tsp	10 mL	2 tsp

Method



1. Poke squash skin with fork or tip of the knife to help cook faster.

Remove seeds, sprinkle with a little salt and drizzle with some olive oil. Lay flat downside on a tray sprayed with non-stick oil, cover with plastic wrap and aluminum foil, and cook in Multigen for 55 minutes. (or until tender)



2. Remove squash from Multigen. Using a fork, scratch off the flesh with the grain and spaghetti-like strands will fall off. Toss in olive oil. Serve hot.



3. **Bulk:** portion into serving dishes and serve with an entrée or leave in bulk for dining room service.

Cold Plating: allow to cool and plate as a side dish. Place on hot side of the hot side of tray to retherm prior to service.

Optional: Add minced garlic other spices when tossing the squash for extra flavour, or pasta sauces go well with it as well.

Food Accompany: **Any appropriate entrée**