

SPICED SPAGHETTI SQUASH

Ingredients

1 Spaghetti Squash, about
2 pounds

2-3 Tablespoons Butter

¼ teaspoon Salt

¼ teaspoon ground
Cinnamon

1/8 teaspoon ground
Clove

Directions

Oven 375F

Cut Squash in half lengthwise and place in a deep
baking dish cut side up.

Cut up Butter into small pieces and scatter over each
half.

Sprinkle evenly with Salt and Spices.

Pour enough water to cover the bottom of the pan,
about 1/3 Cup.

Cover with foil and bake for 45 minutes. Remove foil
and cook for a further 10 minutes.

Allow to cool enough to handle and when ready
incorporate the melted butter & seasonings using a
fork to pull the flesh from the skin, creating the strands
it is named after.

Fabulous with seared Duck Breast, Cranberry Relish
and a savory Bread Pudding!