

S P A G H E T T I S Q U A S H

Ingredients:

- 1 medium spaghetti squash cut in half seeds removed
- 2-3 Tbsp. butter or ghee
- 2 Tbsp. Garlic powder
- 1 tsp Seasoned Salt
- 1/4 cup cherry tomatoes
- 1/2 cup baby mozzarella
- 1 cup baby spinach (optional)



Instructions:

1. Place spaghetti squash on lined baking sheet and rub insides with butter/ghee and garlic powder. Bake in low oven until soft. Note: strands will easily pull apart.
2. Carefully pull spaghetti squash strands apart (be cautious of steam).
3. Place in bowl with remaining ingredients, toss, and serve.
4. Tomatoes can be pan fried or roasted with a little seasoned salt for added flavor before adding to dish.