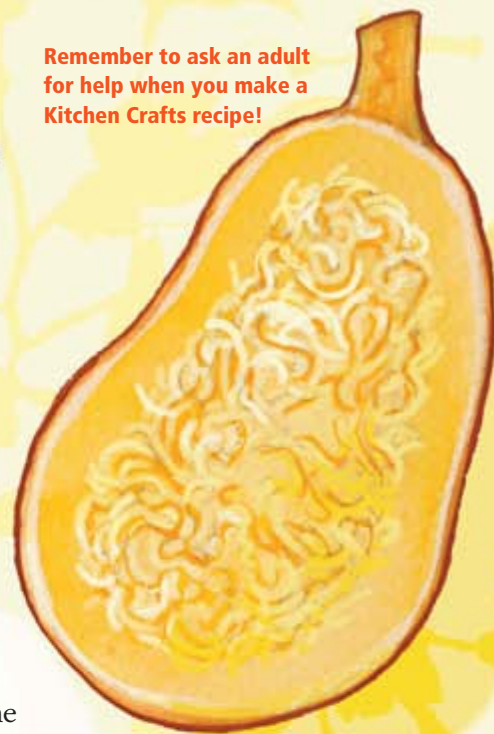


# Veggie Spaghetti

Remember to ask an adult for help when you make a Kitchen Crafts recipe!



It's easy to eat your veggie when it tastes like spaghetti!

**1 medium-sized spaghetti squash (about 2 pounds/907 g)**

**1 bottle spaghetti sauce**

**Parmesan cheese**

1. Wash your hands with soap and water.
2. Preheat the oven to 375°F (191°C).
3. Rinse off the spaghetti squash, and dry it. Poke a few holes in its skin with a fork.
4. Have an adult help you put the squash in the oven. Bake it for one hour.
5. Have an adult take the squash out of the oven. Let it sit for about 15 minutes.
6. Pour the spaghetti sauce in a pan and warm it up on the stove over medium heat.
7. Have an adult cut the squash in half lengthwise.
8. Scoop out the seeds with a spoon and throw them away.
9. Scoop out the flesh of the squash. Use a fork to separate the squash into separate spaghetti strands. Put them in a serving bowl.
10. Pour the spaghetti sauce on the squash, and sprinkle Parmesan cheese on top.

