

Top this delicious squash with Marinara Sauce for a spaghetti feast or use it as a side dish with fish. It's a great side dish with rich flavor.

Serves 4-5

Italian Spaghetti Squash With Walnuts

1 spaghetti squash
1-1/2 to 2 tsp. minced garlic
1/4 c. olive oil
1/2 c. chopped walnuts
1/8 to 1/4 tsp. crushed red pepper flakes
1/2 tsp. salt
2 Tbs. minced fresh parsley
1/2 c. freshly shredded Parmesan or Swiss cheese

Microwave Method: Cut squash in half lengthwise; discard seeds. Pierce squash several times and place cut side down on a paper towel. Microwave, uncovered, on high for 15-20 minutes or until tender. Cool.

Oven Method: Cut squash in half lengthwise; discard seeds. Place squash cut side down in a baking dish. Fill dish with hot water to a depth of $\frac{1}{2}$ in. Cover and bake at 350 degrees for 30-40 minutes or until tender. Cool.

Cook spaghetti squash by either the microwave method or the oven method, below, left. When squash is cool enough to handle, use a fork to separate strands.

Meanwhile, in a large skillet, sauté garlic in oil until tender. Stir in the walnuts, pepper flakes and salt. Cook for 2-3 minutes or until walnuts are toasted.

Remove from the heat; stir in parsley. Add spaghetti squash to skillet. Add cheese; toss to coat.

