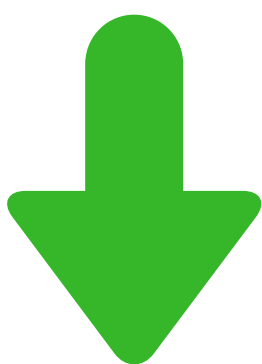


SLOW COOKER **Spaghetti Squash**

Step 1



Clean the outer skin of the spaghetti squash and put it in a slower cooker.

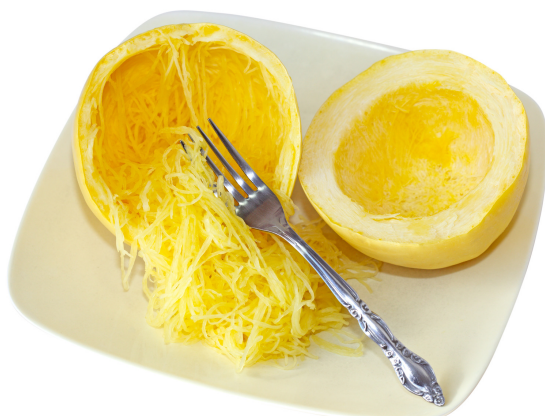


Step 2



Add 1/2 cup water, cover, and cook on high for 2 1/2 hours, until the squash is tender.

Step 3



Cut it in half lengthwise and with a spoon remove and discard the seeds. Run a fork across the flesh to get spaghetti-like strands.



MAKE IT A MEAL!

Spaghetti squash "noodles" + CRAP-free marinara + favorite meatballs

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