

COOKING WITH HUGH

HOSTED BY HUGH HARDY



CARROLL'S
SAUSAGE & COUNTRY STORE



Featured on Season 3, Episode 3

Spaghetti Squash

1 Spaghetti Squash
Sunflower Oil
Carroll's® Garlic Butter Seasoning
Grated Parmesan Cheese

Directions:

Using a sharp knife, carefully cut the spaghetti squash in half starting at the stem. Scrape out the seeds from the center and discard. Cut each half in half again. Boil the spaghetti squash for 15-20 minutes. Remove the squash from the boiling water and place in a lightly greased baking dish. Drizzle with sunflower oil. Sprinkle with Carroll's® Garlic Butter Seasoning. Bake for 15-20 minutes in a preheated 350° oven. Sprinkle with Parmesan cheese before serving.

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