EASY HIGH PROTEIN RECIPES

# Spaghetti Squash Cooking Cheat Sheet

One-page kitchen planner | Print, check off, and keep by the oven

## CHOOSE YOUR METHOD

| | | | |
|---|---|---|---|
| **OVEN HALVES** | 400 F | 35-50 min | Best everyday texture |
| **OVEN RINGS** | 400 F | 25-35 min | Long strands; check early |
| **MICROWAVE** | HIGH | ~12 min | Fastest; size and wattage vary |
| **STOVETOP STEAM** | Boiling water | 15-20 min | For 1-inch rings |

## PREP CHECKLIST

- [ ] Wash and dry the rind under running water
- [ ] Stabilize squash; soften briefly first if too hard to cut
- [ ] Remove seeds; lightly oil and season the cut flesh
- [ ] Set a timer; check for easy fork-shredding before overcooking

## THE FORK TEST

- The flesh pulls into distinct strands with gentle pressure.
- For firmer strands, stop as soon as the center is tender.
- Rest 5-10 minutes, scrape across the flesh, and drain if watery.

## SEASON + SERVE

[ ] Olive oil + garlic + Parmesan  [ ] Marinara + basil

[ ] Pesto + chicken  [ ] Lemon + herbs + chickpeas

## MY NOTES / DINNER PLAN

**FOOD-SAFETY REMINDER**

Refrigerate leftovers within 2 hours; use refrigerated leftovers within 3-4 days.

Times are estimates. Check squash size and doneness. Sources: MedlinePlus, Missouri Extension, HelloFresh, FoodSafety.gov.

**Free printable from easyhighproteinrecipes.com**