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Wednesday Morning's at 8:20 on KRIG 104.9 FM

Spaghetti Squash

How to cook Spaghetti squash: Cut it in half, scoop out the seeds, rub a little olive oil and salt on the inside, and roast in the oven cut-side down in a 9x13 baking dish with approx. 1 1/2 Cups of water or chicken stock. preheat the oven to 400° F Cut in Half (caution this is difficult) Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.

Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork. Small squash will be done sooner than large squash, naturally!

Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like.

In skillet add 2 T. of Heavy Cream and 1 C. of Chicken Stock. Bring to a slight boil add diced Bell Peppers and Ham. Let simmer until peppers are tender. Add 1/2 C. Parmesan Cheese. Season with salt and pepper to taste.

Optional: Garlic Powder, Onion Powder and Red Pepper Flake.
I think peas may work well with this as well.



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