

PRESSURE COOKER SPAGHETTI SQUASH

Time: 25 minutes

Serves: 6

Ingredients:

300g water
1.5kg spaghetti squash

Preparation:

Pour water into your pressure cooker vessel and add a trivet.

Cut the squash in half lengthwise. Scoop out the seeds with a spoon and discard.

Place the squash halves on the trivet, arranged to keep them from interfering with sealing the cooker lid.

Pressure cook at high pressure for eight minutes, beginning timing once pressure is reached.

Carefully vent pressure and remove the lid.

Remove the flesh from the squash shell by scraping the flesh with a fork.

Serve immediately or let cool and refrigerate to store.

Nutritional Information Per Serving:

Calories: 78 Fat: 1g Carbs: 17g Fibre: 0g Protein: 2g	Hand-Size Portion Guide Palms of Protein: 0 Fists of Vegetables: 1 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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