

AIR FRYER SPAGHETTI SQUASH

INGREDIENTS

- 1 lb. spaghetti squash
- 2 tbsp. Olive oil
- 1 tsp. salt
- ½ tsp. chili powder
- 1 tsp. ground black pepper
- 1 tsp. garlic powder
- Cheese for topping (Only for Maintenance)

PREPARATION

1. Place the spaghetti squash on a towel and use a small knife to score through the outer hard skin to cut it into two equal halves.
2. Then grab a sharp heavy-duty knife and slice through the scored skin. It will cut through more easily.
3. Now take a spoon and scoop out the seeds. Use a sturdy fork to poke holes in the flesh of the squash.
4. Now brush the cut portion of the spaghetti squash with oil. Then, sprinkle the spices on it. Use a pastry brush or your hands to rub it all over the surface.
5. Lastly, place the spaghetti squash in the air fryer basket. Air fry the spaghetti squash at 400 OF for 15-20 minutes. Mine took 17 minutes. I suggest opening the basket at 15 minutes and going from there.
6. Now, use a fork to separate the strands from the skin and collect them on a plate.
7. Top it with your favorite approved sauce and serve.
8. Enjoy!

