

# FRIED SPAGHETTI SQUASH



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Medium Spaghetti Squash  
Eggs  
Salt and Pepper  
Cumin

### QUANTITY

1  
2  
To Taste  
½ Tbsp.

### ITEM

Chili Powder  
Garlic, Minced  
Oil of Choice, for Frying

### QUANTITY

½ Tbsp.  
2 Cloves



## PREPARATION

- Cook the spaghetti squash (roast or microwave) until tender. Let cool slightly, then scrape into strands with a fork.
- Place squash strands in a bowl and squeeze out excess moisture.
- Add eggs, salt, pepper, cumin, chili powder, and minced garlic. Mix until well combined.
- Heat oil in a skillet over medium heat.
- Add the squash mixture to the skillet (in small patties or loose strands). Fry 3–4 minutes per side until golden and crisp.
- Remove from skillet and drain on paper towels. Serve warm.