

# FRIED SPAGHETTI SQUASH



## SERVING SIZE

2



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Spaghetti Squash	1	Chili Powder	½ Tbsp.
Eggs	2	Garlic, Minced	2 Cloves
Salt and Pepper	To Taste	Oil of Choice, for Frying	
Cumin	½ Tbsp.		



## 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.