



Instant Pot Spaghetti Squash



1 cup cooked strands: 42 calories, <0.5g total fat (0g sat. fat), 28mg sodium, 10g carbs, 2g fiber, 4g sugars, 1g protein

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Prep: 15 minutes **Cook:** 25 minutes



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Ingredients

1 spaghetti squash (about 4 pounds)

Directions

Pierce squash a few times with a fork or a small knife. Microwave squash for 6 minutes, or until soft enough to cut.

Once cool enough to handle, halve lengthwise. Scoop out and discard seeds.

Place spaghetti squash halves on top of each other in the Instant Pot, cut sides up, and add 1 cup water.

Seal with lid. Press Manual/Pressure Cook, and set time for 8 minutes.

Press Keep Warm/Cancel. Vent to release steam.

MAKES 5 OR MORE SERVINGS

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