

Pumpkin Spice Muffins



Ingredients

- 2 Spaghetti squash
- Olive Oil
- Salt and Pepper
- Red sauce of your choosing
- Shredded mozzarella cheese
- Grated parmesan cheese
- Pepperoni

Utensils

- Cutting board and knife
- Spoon and Fork
- Pastry Brush
- Baking tray
- Parchment paper
- Oven



Recipe Instructions

Step 1: Preheat & Prep

Preheat oven to 425°

Prep your cutting station by laying a damp cloth down and placing your cutting board on top.

Very carefully, cut spaghetti squash in half lengthwise.

Step 2: Oil & Season

Use spoon to scoop out all seeds and “guts” from the inside of the squash.

Use pastry brush to spread olive oil all over the inside.

Sprinkle with salt and pepper

Repeat with each half

Step 3: Bake

Place each half of the squash face down on a parchment lined baking sheet.

Bake at 425° for 30-40 minutes depending on the size of your squash. You want it to be tender.

Step 4: Shred and Fill

One squash is tender, carefully flip halves over (remember, it’s hot!) and use fork to shred the inside.

Add desired amount of sauce, cheese, and pepperoni on top.

Step 5: Broil

Put spaghetti squash boats back into the oven on BROIL for 3-4 minutes until cheese is melted and bubbly.

Keep an eye on the oven because you can burn very quickly when broiling.

Step 6: Enjoy!

Let cool and enjoy!!

You can get creative with this dish and add any sort of fillings. Some examples are buffalo chicken, spinach and artichoke, shrimp alfredo, and more!



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Kitchen Safety Tips:

- Make sure to use an oven mitt when touching pans in the oven.
- Turn the oven off as soon as you are done using it.