

## Spaghetti Squash Hash Browns

### INGREDIENTS:

- 2 cups cooked and shredded spaghetti squash
- 1 tbsp oil (olive oil or coconut oil)

### DIRECTIONS:

1. Heat oil in large nonstick skillet over medium heat
2. Form little patties by pressing squash firmly between palms
3. Place patties in skillet and let cook for 5-7 minutes per side
4. Transfer to paper towels to drain, then serve warm



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## How to Cook Spaghetti Squash

### INGREDIENTS:

-1 medium spaghetti squash

### DIRECTIONS:

1. Heat oven to 375°F
2. Slice squash in half lengthwise
3. Use a spoon to scoop out seeds from the middle of each half
4. Place squash in 9x13 inch dish with cut sides down
5. Pour ½ cup water into dish and bake until tender, about 30 to 35 minutes
6. Take a fork and scrape out inside of squash to get pasta-like strands



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