

# COOKING WITH HUGH

HOSTED BY HUGH HARDY



**CARROLL'S**<sup>TM</sup>  
SAUSAGE & COUNTRY STORE

*Featured on Season 3, Episode 3*

## Spaghetti Squash

1 Spaghetti Squash  
Oliver Farm Sunflower Oil  
Carroll's Garlic Butter Seasoning  
Grated Parmesan Cheese

### Directions:

Using a sharp knife, carefully cut the spaghetti squash in half starting at the stem. Scrape out the seeds from the center and discard. Cut each half in half again. Boil the spaghetti squash for 15-20 minutes. Remove the squash from the boiling water and place in a lightly greased baking dish. Drizzle with Oliver Farm Sunflower Oil. Sprinkle with Carroll's Garlic Butter Seasoning. Bake for 15-20 minutes in a preheated 350-degree oven. Sprinkle with Parmesan cheese before serving.

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