

Air Fried Spaghetti Squash

Spaghetti Squash tastes amazing out of the air fryer! When we have smaller squashes, this is our favorite way we bake it! We use our Ninja Foodi, but it works great in any air fryer.

How do we serve it? With our [meatball recipe](#)! It's INCREDIBLE!

This is a slightly higher carb noodle option, but works great with low carb lifestyles, or smaller portions (with more protein!) for keto lifestyles!

Recipe:

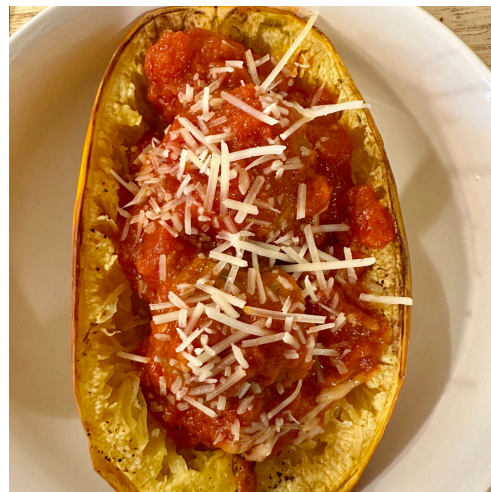
Halve and scrape out the seeds.

Season with olive oil or avocado oil.

Season with salt and pepper.

Air fry at 325 degrees for 25 minutes

Scrape with a fork to make "noodles"



The Keto Dad Tips:

- You can also cook your spaghetti squash in the [instant pot](#)!
- Air frying does work great - because you can just leave it in longer if it's not ready!
- Freezes and reheats easily!

Squashes vary in size, so macros are for 1 Cup of cooked spaghetti squash

Macros: Calories 42 , Fat 0g, Carbs 10g, Fiber 2g, (Net Carbs 8) Protein 1g

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