



# Instant Pot Spaghetti Squash

You have to try this delicious spaghetti squash recipe. It's an easy alternative to regular pasta and a great low-carb option. We love making ours into lasagna. All you need is a pressure cooker!

## Directions:

Start by cutting the spaghetti squash in half and use a spoon to scoop seeds out of the middle

Place 1 Cup of water or more in the pressure cooker and cook on high pressure for 7 minutes. Once soft you can use a fork to pull apart into spaghetti strands.

What will you use your spaghetti squash for? Here's a delicious Lasagna recipe:

[Spaghetti Squash Lasagna Recipe](#)



## The Keto Dad Tips and Tricks:

- Bake the spaghetti squash in the oven, microwave or cook in a pressure cooker
- If the squash is too hard to cut, pierce in a few places and microwave for a 2-3 minutes.
- Freezes and reheats easily!

Macros are for 1 Cup Cooked Spaghetti Sauce

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

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