



Roasted Spaghetti Squash

There are many noodle alternatives, but this one is by far another one of our favorites. Spaghetti squash can be cooked in various ways and still have a delicious taste. Roasting it is one of the easiest because all you need is your oven! We also have [Instant Pot](#) and [Air Fryer](#) recipes!

We love serving this with our homemade [meatballs](#)! Whether your keto or low carb the whole family will love this recipe!

Recipe:

Halve and clean

We use this [scraper](#) to remove the seeds

Season with olive oil or avocado oil

Season with salt and pepper

Bake at at 425 degrees for 45 minutes

Scrape with a fork



Make it a meal!

Check out our [Spaghetti Squash Lasagna](#) and our [Keto Meatballs](#) recipes!

Using our [alfredo sauce](#) and adding in some chicken and broccoli is another delicious option!

The Keto Dad Tips:

- You can roast in advance, scrape and then save to make your lasagna or meatballs. However, I prefer the taste and texture straight out of the oven
- Like any vegetable, make sure you season it well!
- Use parchment paper on your pan for easy cleanup.

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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