Spaghetti squash with herb butter
(www.cbc.ca/bestrecipes)

1 spaghetti squash, (3 lb/1.5 kg)
1/4 cup freshly grated Parmesan cheese
Herb Butter:
3 tbsp butter
1 large clove garlic, minced
1/4 tsp salt
2 tbsp chopped fresh sage/basil/parsley
1/4 tsp pepper
Preheat oven to 400F.
Cut spaghetti squash in half and remove seeds. Put cut sides on an oiled baking sheet and bake for an hour or until flesh is pierced easily with a fork. Using the fork, scrape the squash strands out into a bowl and set aside.
Melt the butter in a saucepan over low heat then add the garlic and salt. Let cook until garlic is golden brown. Pour over squash then sprinkle on the herb or choice. Add some pepper and the cheese then mix gently.