Roasted Spaghetti Squash with Meat Sauce

Ingredients:

1 whole spaghetti squash
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper
2 cups bottled marinara or meat sauce
½ cup freshly grated Parmesan cheese

Directions:

1) Preheat the oven to 400 degrees.

2) Cut the squash in half and scrape out the seeds.

3) Line a cooking tray with aluminum foil and season the squash with olive oil, salt, and pepper. Place the squash flesh side down and roast for 40 to 45 minutes until you can easily pierce the outside skin of the squash with a fork. Remove the pan from the oven and let the squash rest until its cool enough to handle.

4) While the squash cooks, heat the sauce in a saucepan on the stove until hot.

5) When the squash is cool enough to handle, using a large metal spoon, scrape the strands of squash from the inside of the shell and distribute it onto plates. Top the squash with the heated sauce and a sprinkle of the freshly grated Parmesan.