

Perfect air fryer spaghetti squash, every single time! It's simple, with just a few ingredients required, and it's ready in 25 minutes or less.

### INGREDIENTS:

- 2 lb spaghetti squash (1 small squash, but weigh for most accurate results)
- 2 teaspoon avocado oil or your choice, \*omit for oil free, see notes
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper optional
- 1/4 teaspoon garlic powder optional
- 1/4 teaspoon smoked paprika optional

#### Optional Garnishes

- Vegan Parmesan Cheese
- Fresh parsley



### INSTRUCTIONS

1. Cut a thin slice off the ends of your squash and then cut in half, lengthwise, as evenly as possible in two halves. Place the two halves in your air fryer basket, cut side up. Then drizzle with the oil (if using) and evenly sprinkle with the seasoning.
2. Cook at 360 degrees F for 20 minutes, or until a fork can easily pierce the flesh. (This may vary according to the size of your squash.)

3. Once cooked, transfer to a dish and fluff up the inside with a fork. Then add the parmesan cheese and fresh parsley, if using, and enjoy.

## Notes

- Cut your squash in half as equally as possible for even cooking.
- Different air fryers may cook at different speeds. This recipe uses a Ninja Foodi, but if you have a different model, start checking your squash around the 15 minute mark and cook until fork tender.
- The size of your spaghetti squash will reflect cook time. A 2 lb squash was cooked in the Ninja Foodi for 20 minutes with perfect results. If your squash is smaller or bigger, adjust cook time.
- \*For oil free, omit the oil and spray or drizzle a little vegetable broth on top for moisture before cooking.
- An 8qt Ninja Foodi was used, but any model that can fit your squash inside should work just fine.
- If you don't have an air fryer, you can still make this in your oven. Preheat to 400 degrees F, halve your squash and season as directed. Then bake on a tray lined with parchment paper for 35-45 minutes, until fork tender.
- Leftovers keep refrigerated in an air tight container for 3 days or frozen for up to 3 months.

## Nutrition

Calories: 142kcal | Carbohydrates: 23g | Protein: 2g | Fat: 6g | Saturated Fat: 1g | Sodium: 637mg | Potassium: 348mg | Fiber: 5g | Sugar: 9g | Vitamin A: 510IU | Vitamin C: 7mg | Calcium: 74mg | Iron: 1mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.