



## Slow-Cooker Spaghetti Squash



1 cup cooked strands: 42 calories, <0.5g total fat (0g sat. fat), 28mg sodium, 10g carbs, 2g fiber, 4g sugars, 1g protein

**Prep:** 10 minutes    **Cook:** 2 1/2 hours



### Ingredients

1 spaghetti squash

### Directions

Place whole squash in a slow cooker (at least 4-qt. capacity). Add 1/2 cup water.

Cover and cook on high for 2 1/2 hours, or until squash is soft.

Slice squash in half lengthwise; scoop out and discard seeds.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible.

MAKES 5 OR MORE SERVINGS

**HG FYI:** A 4-lb. squash yields about 5 cups cooked squash... sometimes more! The number of servings this recipe makes will vary based on your individual squash's size and yield.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.