

# InstaPot Herbed Spaghetti Squash

Cook Time: 40 minutes

## Ingredients:

1 large spaghetti squash (about 3 1/2 pounds raw)

2 1/2 tablespoons EVOO

4 whole Garlic cloves, mince

1/4 cup Fresh parsley, chopped

2 tablespoons fresh basil, chopped

4 oz Feta cheese

Salt and pepper to taste

1. Wash the spaghetti squash well and place in instapot. Add one cup of water cover and set on high pressure for 15 minutes. When instapot is complete allow steam to naturally release for 10 minutes.
2. While the squash is cooking prepare the herbs and mince 4 large cloves of garlic.
3. When squash is complete remove with potholders and slice length wise. Allow to cool about 5 minutes for easier handling and gently remove seeds.
4. Pour the water from the bottom of the instapot and return the insert to the cooker. Drizzle 2.5 tablespoons EVOO and add the garlic sautéing until fragrant, about 3-4 minutes.
5. Add the cooked squash to the pan and toss to combine breaking up large clumps. Season with salt and pepper and stir in parsley. Turn instapot off. Serve immediately topped with crumbled feta,