



Instant Pot 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

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 15 minutes **Cook:** 25 minutes



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

1 spaghetti squash (about 4 pounds)

Directions

Pierce squash a few times with a fork or a small knife. Microwave squash for 6 minutes, or until soft enough to cut.

Once cool enough to handle, halve lengthwise. Scoop out and discard seeds.

Place spaghetti squash halves on top of each other in the Instant Pot, cut sides up, and add 1 cup water.

Seal with lid. Press Manual/Pressure Cook, and set time for 8 minutes.

Press Keep Warm/Cancel. Vent to release steam.

MAKES 5 OR MORE SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.