Spaghetti Squash with Garlic and Parmesan

1 spaghetti squash (2 ½ pounds) halved lengthwise and seeded

2 tablespoons olive oil

Salt and pepper

¼ cup grated Parmesan cheese

1 tablespoon chopped fresh basil

1 teaspoon lemon juice

1 garlic clove, minced

1. Adjust oven rack to middle position and heat oven to 450 degrees. Brush cut sides of squash with 1 tablespoon oil and season with salt and pepper. Lay squash cut side down in 13 by 9 inch baking dish. Roast squash until just tender and tip of paring knife can be slipped into flesh with slight resistance, 25 to 30 minutes.
2. Flip squash over and let cool slightly. Holding squash with clean dish towel over large bowl, use fork to scrape squash flesh from skin while shredding it into fine pieces.
3. Drain excess liquid from bowl, then gently stir in Parmesan, basil, lemon juice, garlic and remaining 1 tablespoon oil. Season with salt and pepper to taste and serve.