

RECIPE IDEA:

# Spaghetti Squash Alfredo

## INGREDIENTS

- 1 Spaghetti Squash
- 1 Tbsp Butter
- 3 Cloves Garlic, minced
- 1 C Milk
- 1 Tbsp Cream Cheese
- 1 C Parmesan Cheese, grated
- 1/4 tsp Salt
- 1/8 tsp Pepper
- Crushed Red Pepper Flakes & Parsley, *optional*



Serves: 2 large servings or 4 side dish servings



Allergens: milk

## DIRECTIONS

1. Preheat oven to 400°F .
2. Poke a few holes deep into the whole squash with a paring knife. Bake for 60 minutes, remove from the oven and let rest for 10 to 20 minutes then slice squash in half. Scoop out the seedy inside leaving the spaghetti strands. Scrape the "spaghetti" strands into the center.
3. Melt butter in a small pot over medium-low heat. Add garlic and sauté for 1-2 minutes. Whisk in flour, cooking for another minute while stirring. Whisk in milk until no lumps remain. Once hot, add cream cheese and stir until smooth. Remove from the heat. Stir in Parmesan, salt and pepper.
4. Spoon sauce equally into each spaghetti squash half. Top with extra Parmesan and place under the broiler for 2-3 minutes, or until golden and bubbly.
5. Top each half with a pinch of red pepper flakes and fresh chopped parsley, if desired. Serve hot.

| Nutrition Facts   |            |
|---|------------|
| Serving size  | 1/4 squash |
| <b>Amount Per Serving</b>   |            |
| <b>Calories</b>   | <b>180</b> |
| <small>% Daily Value*</small>   |            |
| <b>Total Fat</b> 13g  | <b>17%</b> |
| Saturated Fat 7g  | <b>35%</b> |
| Trans Fat 0g  |            |
| <b>Cholesterol</b> 35mg   | <b>12%</b> |
| <b>Sodium</b> 320mg   | <b>14%</b> |
| <b>Total Carbohydrate</b> 11g   | <b>4%</b>  |
| Dietary Fiber 2g  | <b>7%</b>  |
| Total Sugars 6g   |            |
| Includes 0g Added Sugars  | <b>0%</b>  |
| <b>Protein</b> 11g  | <b>22%</b> |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small>  |            |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |            |