

Cheesy Garlic Spinach Spaghetti Squash



Ingredients

1 medium spaghetti squash
2.5 tbsp minced garlic
1 tsp olive oil
5 oz fresh spinach, chopped
1/2 cup cream
1 tbsp cream cheese (optional but delicious!)
1/2 cup grated parmesan, and extra for topping
salt and pepper
grated or sliced mozzarella for topping

Directions

1. Preheat oven to 400 degrees F
2. Slice your spaghetti squash in half lengthwise and scoop out the seeds
3. Rub the cut side of squash with olive oil
4. Place on baking dish face down for 40 minutes or until tender and easily pierced with a fork
5. In medium pot bring a drizzle of olive oil to medium-high heat and saute garlic until fragrant

6. Add spinach and stir until wilted. Add your cream, cream cheese, parmesan and stir well
7. Add salt and pepper and remove from heat
8. Once squash is done, use a fork to separate and fluff the strands of spaghetti squash
9. Pour sauce over each squash boat, stir to mix, and top with a little mozzarella and additional parmesan cheese, if desired. Place under the broiler for a few minutes until cheese is melted and slightly toasted.
10. DIG IN!