

# Baked Spaghetti Squash and Cheese

Yield: 7 servings

## Ingredients:

- 5 ½ cups cooked spaghetti squash (about 2 small squash)
- 1 tbsp butter
- 1 tbsp olive oil
- ¼ cup minced onion
- ¼ cup flour (use 2 tbsp corn starch for GF)
- 2 cups skim milk
- 1 cup fat-free chicken broth (vegetable broth for vegetarian)
- 8 oz. Sargento shredded 2% reduced-fat mild cheddar cheese
- Salt and pepper, to taste
- 4 cups (about 4 oz) baby spinach
- ⅛ cup grated Parmesan

## Directions:

1. Preheat the oven to 375° F.
2. Cut the squash in half lengthwise; remove and discard seeds. Place squash on a baking sheet. Bake until tender, about 1 hour. Separate the strands of squash with a fork and place in a medium bowl; discard shells. Maintain the oven temperature. (continued)

**Directions:** (Continued)

3. Heat butter and oil in a large saucepan over medium heat. Add onions and cook about 2 minutes. Stir in flour. Reduce heat to low and cook, stirring continually 3-4 minutes.
4. Add milk and chicken broth and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring; season with salt and pepper.
5. Once it becomes thick, remove from heat, add cheddar cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked spaghetti squash and baby spinach, pour into a baking dish and sprinkle Parmesan cheese on top. Bake until bubbly and golden, 25-30 minutes.

**Nutrition Facts:** (Per serving)

Calories: 165 • Fat: 8g • Sodium: 278.5mg

Carbohydrates: 16g

Dietary Fiber: 2g • Protein: 10g

Source: *skinnytaste.com*



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