

# Creamy Spinach & Garlic Spaghetti Squash



## Ingredients

Yields: 2 servings

•

## Directions

Preheat oven to 375 degrees. Pierce the spaghetti squash with a fork a couple of times on each side. Place the whole spaghetti squash onto a rimmed baking sheet. Roast the squash whole for 1 hour. When the squash is roasted, allow it to cool at least 10 minutes.

Meanwhile, as the squash is cooling, heat a skillet over medium heat. Add the olive oil. Saute the garlic and red pepper flakes until fragrant, about 90 seconds. Add the spinach to the pan and saute until wilted. Stir in the cream cheese until warmed through and melted. Add the milk and parmesan cheese, stirring until combined and creamy. Season generously with salt and pepper to taste (you'll be adding it to the spaghetti squash, which will water it down a bit, so add more salt than you think you need). Reduce the heat to low and keep warm while you prepare the squash.

Preheat the broiler to high. Carefully slice the squash in half length wise. Using a spoon, scoop out the seeds in the center until clean. Discard the seeds. Using a fork, shred the spaghetti squash into "noodles," leaving the noodles inside their shells. Divide the spinach cream sauce between the two spaghetti squash halves and toss the

sauce and the squash to coat. Sprinkle the top of each squash half with 1/3 cup mozzarella cheese. Return the squash halves to the oven and broil for 5 minutes, or until golden and bubbly. Serve promptly.

[Go to mobile version](#)