

# Alfredo Spaghetti Squash



## INGREDIENTS

- Medium spaghetti squash
- 1 Tbs butter
- 3 cloves garlic, minced
- 2 Tbs all purpose flour
- 1 ½ cups fat-free milk
- 1 Tbs cream cheese
- 1 C parmesan cheese
- 2 Tbs grated parmesan cheese
- 1/4 tsp kosher salt
- 1/8 tsp ground black pepper

**Pair with a  
nice sparkling  
wine**

## INSTRUCTIONS

1. Preheat the oven to 350 degrees
2. Halve squash, and remove seeds
3. Place squash, cut sides down, on a rimmed baking sheet and add water to surround squash.
4. Bake until tender, 50-60 min
5. Using a fork, scrape the squash with a fork to create spaghetti strands
6. To make the Alfredo sauce: Melt butter in a small saucepan over medium-low heat; add garlic and cook for 1 to 2 minutes. Whisk in flour and cook for another minute while stirring until no lumps remain. Whisk in milk until heated through. Add cream cheese and stir until smooth. Stir in Parmesan cheese, salt, and pepper.
7. Spoon Alfredo sauce equally on to each squash half; gently pull up the squash strands to coat as much as possible with sauce. Top with extra Parmesan cheese if desired
8. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Place squash halves under the broiler until golden and bubbly, 2 to 3 minutes.

