

Baked Spaghetti Squash and Cheese

Cheesy baked spaghetti squash and baby spinach – a comforting, cheesy dish, without the guilt. Perfect for Meatless Mondays or any day of the week!

I am down to the last few days of finishing up the cookbook, so forgive me for not posting more recipes. But since it's Monday, I thought this delicious meatless dish from the archives would be perfect for this beautiful Fall day.

I'm really excited to share this recipe with you, I think you are all going to love this dish. I was craving something cheesy, without all the carbs from macaroni and came up with this.

I basically swapped the pasta from my Skinny Macaroni and Cheese recipe with spaghetti squash and was really impressed with the results.

No, spaghetti squash does not taste like pasta, it's slightly sweeter and of course a vegetable rather than a grain, but we all loved this dish. Even my husband gave it a thumbs up – I think we all found our favorite way to eat this squash.

It can be prepared ahead, then baked just before ready to serve. I reheated leftovers in the microwave for lunch the next day and it was just as good as when I first made it.

If you are looking for a dish that is gluten-free, low-carb, vegetarian and comforting, give this a try. Serve this as a main dish, or as a side dish. I think this would even freeze and reheat well, if anyone tries this let me know!

By the way, serving spoon is from [Such A Time Designs](#).

Baked Spaghetti Squash and Cheese *Skinnytaste.com*

Servings: 7 • **Serving Size:** 1 cup • **Old Points:** 4 pts • **Points+:** 5 pts

Calories: 165 • **Fat:** 8 g • **Protein:** 10 g • **Carb:** 16 g • **Fiber:** 2 g • **Sugar:** 6.5 g

Sodium: 278.5 mg (without salt)

Ingredients:

- 5 1/2 cups cooked spaghetti squash (from about 2 small)
- 1 tbsp butter
- 1 tbsp olive oil
- 1/4 cup minced onion
- 1/4 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 2% reduced fat mild cheddar
- salt and pepper, to taste

- 4 cups (about 4 oz) baby spinach
- 1/8 cup grated parmesan

Directions:

Preheat the oven to 375°F.

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.

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.

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.

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 to 30 minutes.

Makes 7 cups.