

Baked Spaghetti Squash and Cheese

This is a healthier take on mac and cheese! It's cheesy, loaded with vegetables and feels like comfort food, without the calories and carbs!

Ingredients

- 5 1/2 cups cooked spaghetti squash
- 1 tbsp butter
- 1 tbsp olive oil
- 1/4 cup minced onion
- 1/4 cup flour
- 2 cups skim Fairlife or Mootopia milk
- 1 cup fat free chicken broth or vegetable broth
- 2 cups 2% shredded mild cheddar
- salt and pepper, to taste
- 4 cups about 4 oz baby spinach
- 1/8 cup grated parmesan



Instructions

1. Preheat the oven to 375°F.
2. Cut the squash in half lengthwise; remove and discard seeds. Place squash on a baking sheet cut side down. Bake until tender, about 1 hour.
3. Separate the strands of squash with a fork and place in a medium bowl; discard shells. Squeeze out any excess liquid from the squash if watery.
4. Maintain the oven temperature.
5. Heat butter and oil in a large saucepan over medium heat. Add onions and cook about 2 minutes.
6. Stir in flour. Reduce heat to low and cook, stirring continually 3 - 4 minutes.
7. 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.
8. Once it becomes thick, remove from heat, add cheddar cheese and mix well until cheese is melted.
9. Adjust salt and pepper to taste, add cooked spaghetti squash and baby spinach, pour into a baking dish and sprinkle parmesan cheese on top.
10. Bake until bubbly and golden 25 to 30 minutes.