Dinner, American

Baked Spaghetti Squash with Cheesy Broccoli

Roasted spaghetti squash strands and tender broccoli are folded into a smooth cheddar sauce, then finished with a golden Parmesan topping.



Nut free

65 min	180	26 g	9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 med (about 2-3 lbs) spaghetti squash
- [ ] 1 tsp olive oil
- [ ] 1/4 tsp salt
- [ ] 1/8 tsp black pepper
- [ ] 2 cup broccoli (florets, chopped)
- [ ] 2 clove garlic (minced)
- [ ] 1/2 cup low sodium vegetable broth
- [ ] 1/2 cup 1% milk
- [ ] 1 tsp Dijon mustard
- [ ] 1/2 tsp smoked paprika
- [ ] 1/4 cup cheddar cheese (reduced fat, shredded)
- [ ] 1/4 cup plain nonfat Greek yogurt
- [ ] 1/4 cup Parmesan cheese (grated)

Nutrition Facts

Per serving

Calories	180
Total fat	7 g
Saturated fat	2 g
Sodium	430 mg
Total carbs	26 g
Fiber	5 g
Total sugars	9 g
Protein	11 g

Method

- [ ] 1 Heat the oven to 400 degrees F. Halve the spaghetti squash lengthwise, scrape out the seeds, and brush the cut surfaces with the olive oil, salt, and black pepper.
- [ ] 2 Set the halves cut sides down on a baking sheet and roast until a fork slides in easily, 35 to 40 minutes. Once cool enough to handle, scrape the flesh into strands with a fork.
- [ ] 3 While the squash roasts, bring a small pot of water to a boil and cook the broccoli for 3 minutes, until just tender. Drain and set aside.
- [ ] 4 Set a large skillet over medium heat with a drizzle of olive oil and cook the garlic for about 30 seconds, until fragrant.
- [ ] 5 Pour in the low sodium vegetable broth, 1% milk, Dijon Mustard, and smoked paprika, then let everything simmer for 2 to 3 minutes.
- [ ] 6 Lower the heat and stir in the cheddar cheese until melted and smooth.
- [ ] 7 Take the pan off the heat, stir 1 to 2 Tbsp of the warm sauce into the Plain Nonfat Greek yogurt to temper it, then slowly stir the yogurt into the pan.
- [ ] 8 Toss the squash strands and broccoli with the sauce in a large bowl, transfer to a baking dish, scatter the Parmesan cheese over the top, and bake at 400°F for 10 minutes, until melted and lightly golden.

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