

Farm Market Recipe



Cheesy Spinach & Artichoke Stuffed Spaghetti Squash

Ingredients:

- 1 (2½ to 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
- 3 tablespoons water, divided
- 1 (5 ounce) package baby spinach
- 1 (10 ounce) package frozen artichoke hearts, thawed and chopped
- 4 ounces reduced-fat cream cheese, cubed and softened
- ½ cup grated Parmesan cheese, divided
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- Crushed red pepper & chopped fresh basil for garnish

Directions:

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400 degrees F until tender, 40 to 50 minutes.)
2. Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl.
3. Position rack in upper third of oven; preheat broiler.
4. Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, ¼ cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining ¼ cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.

Nutrition Facts:

Servings: 4 Serving Size: 1¼ cups

Per Serving: calories 223; protein 10g; carbohydrates 23g; dietary fiber 9g; sugars 7g; total fat 11g; saturated fat 6g; cholesterol 28mg; vitamin A 3156IU; vitamin C 15mg; folate 1365mcg; sodium 528mg; calcium 281mg; iron 2mg; magnesium 82mg; potassium 482mg.

Recipe from eatingwell.com