Creamy Mediterranean Spaghetti Squash

1/4th of recipe (about 1 3/4 cups): 193 calories, 4.5g total fat (2g sat. fat), 752mg sodium, 30.5g carbs, 7.5g fiber, 13.5g sugars, 11g protein

Prep: 20 minutes **Cook:** 55 minutes

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Ingredients

1 spaghetti squash (at least 4 1/2 lbs.)
4 cups roughly chopped cauliflower
1/4 cup grated Parmesan cheese
1 tbsp. chopped garlic
3/4 tsp. salt
1/2 tsp. black pepper
1/2 cup fat-free milk
2 cups sliced mushrooms
1 cup chopped onion
2 cups chopped spinach
1/4 cup bagged sun-dried tomatoes (not packed in oil), chopped
1/4 cup sliced black olives
1/4 cup chopped fresh basil

Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or until soft enough to cut. Once cool enough to handle, halve lengthwise; scoop out and discard seeds.

tender, about 40 minutes. (For alternative cooking methods, see below.)

Meanwhile, prepare sauce and veggies. Place cauliflower in a large microwave-safe bowl with 1/4 cup water. Cover and microwave for 6 minutes, or until soft. Drain excess liquid.

In a blender or food processor, combine cooked cauliflower, Parm, 2 tsp. garlic, 1/2 tsp. salt, and 1/4 tsp. pepper. Add milk and 3 tbsp. warm water. Blend on high speed until smooth and uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, remaining 1 tsp. garlic, and remaining 1/4 tsp. each salt and pepper. Cook and stir until mostly softened and lightly browned, about 6 minutes.

Add spinach, sun-dried tomatoes, olives, and basil to the skillet. Cook until spinach has wilted, about 1 minute.

Reduce heat to medium low. Add cauliflower sauce. Cook and stir until hot and well mixed, about 2 minutes. Remove from heat, and cover to keep warm.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible. Transfer 5 cups to a large bowl. (Reserve any extra squash for another time.)

Add saucy veggies to the bowl, and mix well.

MAKES 4 SERVINGS

Time-Saving Alternative: Instead of baking the squash, cook it in the microwave. After softening in the microwave, halving, and discarding the seeds, place one half of the squash in an extra-large microwave-safe bowl, cut side down. Add 1/4 cup water, cover, and cook for 7 minutes, or until soft. Repeat with remaining squash half.

Another Alternative: Slow-cook your spaghetti squash! Just set it and forget it...

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