



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

Green Plan SmartPoints® value 2*

Blue Plan (Freestyle™) SmartPoints® value 2*

Purple Plan SmartPoints® value 2*

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



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

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...

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

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