



Philly Cheesesteak Stuffed Spaghetti Squash



1/4 of recipe: 271 calories, 11.5g total fat (6g sat. fat), 640mg sodium, 20g carbs, 4g fiber, 8.5g sugars, 23.5g protein

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Prep: 15 minutes **Cook:** 55 minutes

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Ingredients

- 1 spaghetti squash (about 4 lb.)
- 1 1/2 cups sliced white mushrooms
- 1 cup thinly sliced onion
- 1 cup thinly sliced bell pepper
- 1/2 tsp. garlic powder, divided
- 1/2 tsp. onion powder, divided
- 1/2 tsp. salt, divided
- 1/4 tsp. black pepper, divided
- 10 oz. thinly sliced raw lean flank steak
- 1 tsp. au jus gravy mix
- 1/3 cup light/reduced-fat cream cheese
- 1/2 cup shredded part-skim mozzarella cheese, divided

Directions

Preheat oven to 400°F.

Pierce squash a few times with a fork or knife. Microwave squash for 6 minutes, or until soft enough to cut. Halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down. Bake until tender, about 40 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, bell pepper, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, 1/4 tsp. salt, and 1/8 tsp. black pepper. Cook and stir until softened and browned, about 8 minutes.

Reduce heat to medium. Add steak and remaining 1/4 tsp. garlic powder, 1/4 tsp. onion powder, 1/4 tsp. salt, and 1/8 tsp. black pepper. Cook and stir until cooked through, about 3 minutes.

Remove skillet from heat. In a small bowl, stir to dissolve gravy mix in 1 tbsp. water. Add gravy mixture and cream cheese to the skillet. Mix until smooth. Add 1/4 cup mozzarella. Stir until uniform.

Remove baking pan from the oven, but leave oven on. Remove squash halves, thoroughly blot dry.

Empty water from baking pan. Return squash halves, cut side up.

Divide the contents of the skillet between the squash halves. Top with remaining 1/4 cup mozzarella.

Bake until cheese melts, about 5 minutes.

MAKES 4 SERVINGS

HG FYI: Some gravy mixes include gluten, so read labels carefully if that's a concern.

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