



Spaghetti Squash 'n Shrimp Arrabbiata



PER SERVING (1/4th of recipe, about 1 1/3 cups squash with 1 heaping cup shrimp and sauce): 243 calories, 2g total fat (0g sat fat), 838mg sodium, 37g carbs, 8.5g fiber, 15g sugars, 21g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 0*

Prep: 10 minutes **Cook:** 50 minutes



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

Ingredients

- 1 spaghetti squash (about 4 1/2 lb.)
- 1 cup chopped onion
- 2 tsp. chopped garlic
- 1 tsp. red pepper flakes, or more to taste
- One 28-oz. can crushed tomatoes (about 3 cups)
- 1 tsp. Italian seasoning
- 12 oz. raw medium shrimp, peeled, tails removed, deveined
- 1/2 cup chopped fresh basil
- 1/4 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees.

Microwave whole squash for 3 - 4 minutes, until soft enough to cut. Halve lengthwise; scoop out and discard seeds. Fill a large baking pan with 1/2 inch water and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes.

About 20 minutes before squash is done baking, bring a medium pot sprayed with nonstick spray to medium-high heat. Add onion, garlic, and red pepper flakes. Cook and stir until onion has softened and slightly browned, about 5 minutes.

Add tomatoes and Italian seasoning to the pot. Cook and stir until hot, 1 - 2 minutes. Reduce heat to medium low. Add shrimp and cook for about 5 minutes, until cooked through.

Remove pot from heat, stir in basil, and cover to keep warm.

Scrape out squash strands with a fork, and transfer to a strainer to drain excess moisture. Pat dry, if needed. Transfer to a large bowl and season with salt and black pepper.

Top each serving of squash (about 1 1/3 cups) with 1/4th of the saucy shrimp mixture (1 heaping cup). Dig in!

MAKES 4 SERVINGS

[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.)

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