



Spaghetti Squash Shrimp Scampi



1/2 of recipe: 308 calories, 8.5g total fat (2.5g sat. fat), 849mg sodium, 31g carbs, 5.5g fiber, 12g sugars, 25.5g protein

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Prep: 15 minutes **Cook:** 50 minutes



Ingredients

1 spaghetti squash (at least 4 lbs.)
1 cup chopped onion
1 1/2 tsp. chopped garlic
2 tbsp. dry white wine
2 tbsp. lemon juice
8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined
1/4 tsp. salt
1/8 tsp. black pepper
2 tbsp. light whipped butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1 tbsp. grated Parmesan cheese
Optional topping: chopped fresh parsley

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.

Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down.

Bake until tender, about 40 minutes.

About 10 minutes before squash is done baking, bring a skillet sprayed with nonstick spray to medium heat. Add onion and garlic, and cook until mostly softened and browned, about 5 minutes.

To the skillet, add wine, lemon juice, shrimp, salt, pepper, and 1 1/2 tbsp. water. Cook and stir for about 3 minutes, until shrimp are cooked through and liquid has reduced.

Reduce heat to low. Add butter to the skillet, and stir until melted and well mixed, about 1 minute. Remove from heat, and cover to keep warm.

Remove squash from the baking pan. 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 4 cups squash strands to a large bowl. (Reserve any extra squash for another time.)

Top squash strands with skillet contents, and sprinkle with Parm.

MAKES 2 SERVINGS

Spaghetti Squash Alternatives: Save time by cooking it in the microwave; save effort by making it in a slow cooker. [Click for the full 411.](#)

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Publish Date: March 8, 2016

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