



## Super-Sized Spaghetti with Spaghetti Squash



1/5th of recipe (about 2 cups): 197 calories, 1.5g total fat (0g sat fat), 34mg sodium, 43g carbs, 6.5g fiber, 6g sugars, 7g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 0\***

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



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

1 spaghetti squash (at least 4 lbs.)  
8 oz. uncooked whole-wheat spaghetti  
Optional toppings: marinara sauce, grated Parmesan cheese

### Directions

Preheat oven to 400 degrees.

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 and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes. ([Click here](#) for a slow-cooker alternative and a microwave-only option!)

Meanwhile, bring a large pot of water to a boil.

Cook pasta according to the package instructions, about 8 minutes.

Use a fork to scrape out the squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible.

Transfer 5 cups squash strands to a large bowl. (Save any remaining squash for another time.) Drain pasta, add to the bowl, and mix well.

MAKES 1 SERVING

**HG Heads Up:** A 4-pound squash yields about 5 cups cooked squash . . . sometimes more!

**HG FYI:** A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

**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.