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| Cheesy Garlic Parmesan Spinach Spaghetti SquashC:\Users\Jen\AppData\Local\Microsoft\Windows\INetCache\IE\VO1GFJSK\Vinilo_decorativo_gorro_chef_2[1].pngThis recipe can make use of Riverside’s farm-fresh winter squash**Ingredients**:* 1 medium **spaghetti** **squash**
* 2.5 tbsp minced garlic
* 1 tsp olive or avocado oil
* 5 oz fresh spinach, chopped
* 1/2 cup cream
* 1 TBSP cream cheese
* 1/2 cup freshly grated parmesan cheese, plus extra for topping
* salt and pepper, to taste
* grated or sliced mozzarella for topping, to taste

**Directions:**:* Pre-heat oven to 400 degrees F. Slice spaghetti squash in half lengthwise and scoop out seeds.
* For easy cutting, stick each squash in the microwave to soften it up. Pierce it a few times with a knife and cook for 3-5 minutes (larger will need 4-5).
* Next grab a lipped baking sheet or a rimmed baking dish.
* Rub cut side of squash with a bit of olive oil and place on your baking dish/sheet and roast face-down for about 40 minutes, or until tender and easily pierced with a fork. Cooking time will vary a bit depending on the size of your squash, and larger squash will need to roast a bit longer to tenderize. Once ready, the once rock-hard exterior of the squash will be visibly softened with a tender interior.
* While squash roasts, start on sauce: in a medium pot or skillet, bring a drizzle of olive oil to medium-high heat and sauté garlic until fragrant.
* Next add the spinach and stir until wilted. Add your cream, cream cheese (totally optional but totally tasty) and parmesan cheese and stir well.
* Season with salt and pepper to taste and remove from heat.
* Once squash is done roasting, allow to cool until easily handled or pop on an oven mitt and use a fork to separate and fluff the strands of spaghetti squash.
* Pour sauce over each squash boat, stir to mix, and top with a little mozzarella cheese and additional parm cheese, if desired.
* Bake at 350 degrees F for around 20 minutes or until hot and bubbly.
* For a golden cheesy topping, flip oven to broil on high for just a 1 – 2 minutes.

.Photo/recipe[: peasandcrayons.com](https://peasandcrayons.com/2016/09/cheesy-garlic-parmesan-spinach-spaghetti-squash.html) |

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