

Spaghetti Squash Alfredo

4 servings | 385 calories

Ingredients:

4 lb spaghetti squash

1/4 tsp salt

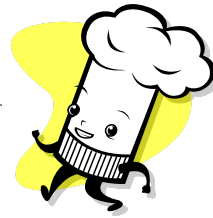
1/4 tsp pepper

1 cup of half and half

3 tbsp butter

1 cup parmesan cheese

4 tbsp Mozzarella cheese



Directions:

- ♥ Scoop out and discard seeds from spaghetti squash halves.
- ♥ Prick outsides all over with a sharp knife; season insides with 1/4 teaspoon with each salt and pepper.
- ♥ Microwave, cut sides down, on a large microwave-safe plate on high for 10 minutes or until tender.
- ♥ Meanwhile, in a small saucepan, heat half-and-half and butter to simmer on medium-low; simmer for 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese.
- ♥ With a fork, scrape flesh of each squash half to separate into strands, leaving 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese.
- ♥ Broil 1 to 2 minutes or until bubbly and browned in spots.
- ♥ Optional: Serve with green salad.

ENJOY!