

# Cheesy Garlic Parmesan Spinach Spaghetti Squash

## Ingredient

- 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 (optional but deeeelish!)
- 1/2 cup freshly grated parmesan cheese, extra for topping
- salt and pepper to taste
- grated or sliced mozzarella for topping, to taste

## Instructions

1. Pre-heat oven to 400 degrees F.
2. Slice your spaghetti squash in half lengthwise and scoop out the seeds. For easy cutting, feel free to stick each squash in the microwave for 5 minutes to soften it up just a tad. The knife slides through way easier this way!
3. Next grab a lipped baking sheet or a rimmed baking dish.
4. Rub the cut side of the squash with a teeny bit of olive oil.
5. Place inside a baking dish or atop rimmed baking sheet and roast face-down for 30-40 minutes, or until tender and easily pierced with a fork. Cooking time will vary a bit depending on the size of your squash, and the once rock-hard exterior of the squash will be visibly softened.
6. The squash can be roasted and stored in the fridge for a few days if you'd like to meal prep and plan ahead for a speedier dinner.

7. While the squash roasts, start on the sauce.
8. In a medium pot or skillet, bring a drizzle of olive oil to medium-high heat and sauté garlic until fragrant.
9. Next add the spinach and stir until wilted. Add your cream, cream cheese (totally optional but totally tasty) and parmesan cheese and stir well.
10. Season with salt and pepper to taste and remove from heat.
11. Once squash is done roasting, allow to cool until easily handled or pop on an oven mit and use a fork to separate and fluff the strands of spaghetti squash.
12. Pour your sauce over each squash boat, stir to mix, and top with a little mozzarella cheese and additional parm cheese, if desired.
13. Bake at 350 degrees F for around 20 minutes or until hot and bubbly.
14. For a golden cheesy topping, flip your oven to broil on high for just a minute or two until lightly browned.
15. Dig in

Source : [allrecipes.com](http://allrecipes.com)