Louisiana Harvest of the Month

Broccoli Cheddar Spaghetti Squash

Home Recipe

Serves: 4
Prep Time: 10 minutes
Cook Time: 15 Minutes

Ingredients

- 1 spaghetti squash (about 3 to 4 lbs.)
- 4 tablespoon butter
- 2 cup chopped fresh broccoli
- 1 ½ cup cheddar cheese
- ½ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ½ teaspoon onion powder

Nutrients Per ½ Cup Serving

Calories	180
Total Fat	9.13 g
Saturated Fat	5 g
Cholesterol	20.3 mg
Sodium	263 mg
Carbohydrates	23.7 g
Dietary Fiber	6.6 g
Protein	5.8 g
Calcium	112 mg
Iron	1.5 mg
Vitamin C	31.4 mg

Cooking Instructions

1) Wash the exterior of the squash and then towel dry. Carefully cut your squash in half lengthwise. Scrape out seeds.
2) Place the squash, with the cut side facing down, into a microwave-safe dish filled with 1 inch of water. Place into the microwave and cook in 5-minute intervals. It should take between 10-15 minutes.
3) Remove from water and set aside to cool. Once squash is cool enough to touch, use a fork to scrape the squash from the shell. Mix an equal amount of salt, pepper, paprika, and ½ cup of cheese into each half.
4) In a medium saucepan heat butter over medium-high heat. Once butter is melted, add chopped broccoli season with pepper and onion powder, sauté for one minute or until broccoli turns bright green. Place on top of squash and sprinkle remaining cheese.

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