Louisiana Harvest of the Month

Broccoli Cheddar Spaghetti Squash

Home Recipe

Serves: 6
Prep Time: 15 minutes
Cook Time: 25 minutes

Ingredients

- 1 spaghetti squash (about 3–4 lbs.)
- 1 ½ cups shredded cheddar cheese, divided
- ½ tsp pepper, divided
- ¼ tsp paprika
- ¼ tsp salt
- 4 Tbsp butter
- 2 cups chopped fresh broccoli
- ½ tsp onion powder

Cooking Instructions

1) Wash the exterior of the spaghetti squash and towel dry. Carefully cut the squash in half lengthwise and scoop out the seeds.
2) Place both halves, cut side down, in a microwave-safe dish filled with 1 inch of water. Microwave in 5-minute intervals until the squash is tender, about 10 to 15 minutes total. Remove from the microwave and let cool until safe to handle.
3) Once cool enough, use a fork to scrape the flesh of the squash into a mixing bowl. Add 1 cup of cheddar cheese, salt, paprika, and ¼ teaspoon of pepper. Stir well to combine.
4) Spoon the seasoned squash back into the squash shells, dividing the mixture evenly and set aside.
5) In a medium saucepan, melt the butter over medium-high heat. Add in the chopped broccoli, remaining ¼ teaspoon pepper, and onion powder. Sauté for about 3 to 5 minutes, or until the broccoli is bright green and slightly tender.
6) Spoon the broccoli mixture evenly over the squash halves. Sprinkle the remaining ½ cup cheddar cheese over the top. Serve warm.

Nutrition Facts

6 Servings Per Container
Serving Size
1 cup (333g)

Calories Per Serving **280**

Amount Per Serving	% Daily Value *
Total Fat 19g	**24%**
Saturated Fat 10g	**52%**
Trans Fat 0g	
Cholesterol 50mg	**16%**
Sodium 340mg	**15%**

Amount Per Serving	% Daily Value *
Total Carbohydrate 22g	**8%**
Dietary Fiber 5g	**17%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 9g	

Vitamin D 0.2mcg 0% . Calcium 280mg 20% . Iron 1.1mg 6% . Potassium 410mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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