

## SPINACH ARTICHOKE SPAGHETTI SQUASH

Linda C

Serves 4

Prep Time: 10 minutes

Total Time: 1 hour

### You'll Need

- 1 spaghetti squash, seeded
- 1 tablespoon olive oil
- 1 cup onion, diced
- Salt and pepper
- 3 cloves garlic, minced
- ½ cup sour cream
- 3 ounces (a little less than ½ a typical package) cream cheese
- ¾ cup grated Parmesan cheese, divided
- 3 cups packed baby spinach
- 1-½ cups canned artichoke hearts, chopped
- ¾ cup shredded mozzarella cheese
- Chopped fresh parsley, for garnish

### How To

Preheat the oven to 350 degrees Fahrenheit (177 degrees Celsius). Place the spaghetti squash cut-side-up on a sheet pan. Brush with olive oil, and season with salt and pepper. Roast the squash in the oven for 30 to 40 minutes, until soft. Remove the squash from the oven and let cool, then scrape up the strings of the squash with a fork. While the squash bakes, heat a sauté pan over medium heat. Add the onion and cook until translucent. Season the onion with salt and pepper, and add the garlic. Cook for another minute. Add the sour cream, cream cheese and half of the Parmesan cheese to the garlic-and-onion mix. Stir and mix until the cheese has melted and the mixture is smooth. Add the spinach and artichoke hearts to the sauté mix and cook until the spinach has wilted. Spoon half of the spinach mixture onto each spaghetti squash half. Gently pull up the spaghetti squash strings to mix with the sauce. Top each half with the shredded mozzarella and remaining Parmesan cheese. Place under the broiler for 2 to 3 minutes, until the cheese has melted and browned slightly. Garnish with the chopped fresh parsley and serve hot.