

Roasted Garlic Alfredo Stuffed Spaghetti Squash

60 minutes

Based on a recipe by Tieghan Gerard



Ingredients

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| 1 1/4 cups 10% cream | 1/4 cup grated Parmesan |
| 6 ounces frozen spinach | 1 head of garlic |
| 2 tbsp fresh sage, chopped | 2 tbsp butter |
| 1 tbsp fresh thyme | Salt and pepper |
| 1 cup shredded fontina | |
| 1 cup shredded mozzarella | |
| 2 small spaghetti squash or 1 medium to large one | |



Instructions

1. Preheat the oven to 425 degrees Fahrenheit.
2. In a medium bowl, mix together milk, spinach, half of the sage, thyme, fontina and half of the mozzarella. Season with salt and pepper (and red chili flakes for a little extra zing if you like;).
3. Halve and de-seed squash, then place in a baking dish. Sprinkle some mozzarella onto the bottom of each squash, then equally divide the cream/spinach mixture into the squash cavities. Top with remaining mozzarella and parmesan. Cover with foil.
4. Slice the top off of the head of garlic to expose some of the cloves. Place head on piece of foil. Drizzle with olive oil and wrap it up.
5. Bake the squash and garlic for 40 minutes. Remove foil from both and continue baking for another 15-20 minutes (garlic will be done sooner) or until squash is tender and cheese is browned on top.
6. Let garlic cool, then squeeze the cloves out into a bowl and add the other tbsp of sage along with butter. Mix well then spread butter over squash. Use a fork to scrape the squash into strands and mix the cheese in. Enjoy!