



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*

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## **Cheesy Spinach Spaghetti Squash**

Serves 2

### Ingredients:

- 1 medium spaghetti squash (approx. 2-3lbs)
- 2 Tbsp. minced garlic
- 2 tsp. olive oil, divided
- 4 cups fresh spinach
- ½ cup half and half
- ¾ cup Italian cheese blend, divided
- Sea salt and pepper to taste

### Directions:

1. Preheat the oven to 400° F.
2. Pierce the spaghetti squash with a fork a few times. Then microwave the spaghetti squash for 5 minutes to soften it and make it easier to cut.
3. Cut the squash in half, scoop out the seeds. Brush each cut side of the squash with olive oil. Place face down in a baking dish.
4. Bake at 400° F for 45-50 minutes or until the squash is tender. Set aside to cool.
5. In a large skillet heat 1 teaspoon of olive oil, add the garlic and cook for one minute. Next add the spinach and stir until wilted. Add the half and half and ½ cup of the cheese. Season with sea salt and pepper. Remove from heat.
6. Once the squash is cooled, shred the squash to remove the “spaghetti”. Add the squash to the prepared sauce, stir to combine. Reserve the shell of the squash.
7. Transfer the spaghetti squash mixture back to the reserved squash shells. Top with the remaining cheese.
8. Bake at 400° F for 15-20 minutes, until the mixture is heated through. Serve immediately.