



## Broccoli and Cheese Stuffed Spaghetti Squash

Prep Time: 15 min

Cook Time: 75 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

513 Calories

14 g fat

932 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 2 medium spaghetti squash
- 4 TB olive oil, divided\*\*
- Salt & pepper, to taste\*\*
- Aluminum foil\*\*
- Non stick cooking spray\*\*
- 1/2 tsp red pepper flakes
- 4 cups chopped broccoli florets
- 3 cloves garlic, minced
- 1 shallot, finely diced
- 1/2 cup red bell pepper, diced
- 3/4 cup Parmesan cheese grated
- 4 TB cream cheese
- 1/2 cup plain Greek yogurt
- 1 tsp Italian seasoning
- 1.5 cups shredded mozzarella cheese

### DIRECTIONS:

1. Preheat oven to 400 degrees and line a large baking sheet with **aluminum foil** and spray with **non stick cooking spray**. Scrub the **squash** clean and dry thoroughly. In a separate microwavable safe dish, place the whole squash and microwave on high for 5 minutes to make it easier to cut (do not microwave for more than 5 minutes). Carefully cut the squash in half lengthwise (stem to end). Scoop out the seeds and discard. Drizzle the inside of the squash with **3 TB olive oil** using your hands to coat the entire surface of the squash. Sprinkle with **salt & pepper to taste** and place cut-side down on the lined baking sheet. Place squash in the oven and bake for 45 minutes to 1 hour or until squash is tender when pierced with a fork. Remove from oven and let cool.
2. In a large skillet over medium heat, add **1 TB olive oil**, **1/2 tsp red pepper flakes**, **broccoli florets**, **3 minced garlic cloves**, **finely diced shallot**, **diced red bell peppers**, stirring to combine. Add **1/4 cup water** to the skillet, and increase the heat to medium high. Sauté for 3-5 minutes. Drain any leftover water and add mixture to a large bowl.
3. Using a fork, scrape out the flesh/'spaghetti' of the cooked and cooled **squash**, and add it to the large bowl with the **broccoli mixture**, tossing gently to combine.
4. In a small bowl, combine the **3/4 cup Parmesan cheese**, **4 TB cream cheese**, **1/2 cup plain Greek yogurt**, **1 tsp Italian seasoning** and **1/2 cup mozzarella cheese (measure out)**. Stir to combine ingredients. Add mixture to the large bowl with the spaghetti squash strands and broccoli mixture, toss gently to combine well.
5. Preheat oven to 425 degrees. Spray a baking dish with **non-stick cooking spray** and pour the mixture in, spreading out evenly **OR** place the empty squash shells in the baking dish and distribute the mixture back into the squash shells evenly, then top with the **remaining 1 cup mozzarella cheese**. Bake for 15 to 20 minutes or until cheese is bubbling and browned.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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