



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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