

# Recipe: Spaghetti Squash Alfredo

Prep/Cook time: 20 minutes

Serves: 4

Calories per serving: 385

## Ingredients

4 lb spaghetti squash	¼ tsp salt
¼ tsp pepper	1 cup half-and-half
3 Tbsp butter	1 cup Parmesan cheese
4 Tbsp shredded Mozzarella	

## Directions

Cut spaghetti squash in half length wise. Scoop out and discard seeds. Season inside with salt and pepper. Microwave on microwave safe plate on high for 10 minutes or until tender.

In small saucepan, heat half-and-half, butter, salt and pepper to simmering on medium-low (about 5 minutes) or until reduced slightly. Whisk in finely grated Parmesan cheese.

With fork, scrape flesh of each squash half to separate into strands.

Divided sauce amount halves and top each with 2 tablespoons of shredded mozzarella. Broil 1-2 minutes or until bubbly.

Serve with green salad.