CHEESY SPINACH & ARTICHOKE STUFFED SPAGHETTI SQUASH

This spaghetti-squash-for-pasta swap slashes both carbs and calories by 75 percent for a delicious, creamy casserole you can feel good about eating. It's worth roasting the squash versus cooking it in the microwave if you have the time: the flavor gets sweeter and more intense.

Ingredients:



- 1 (2½ to 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
- 3 tablespoons water, divided
- 1 (5 ounce) package baby spinach
- 1 (10 ounce) package frozen artichoke hearts, thawed and chopped
- 4 ounces reduced-fat cream cheese, cubed and softened
- ½ cup grated Parmesan cheese, divided
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- Crushed red pepper & chopped fresh basil for garnish

Directions:

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400°F until tender, 40 to 50 minutes.)
2. Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl.
3. Position rack in upper third of oven; preheat broiler.
4. Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, ¼ cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining ¼ cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.

Serving size: 1¼ cups Serves: 4
Per serving: 223 calories; 11 g fat(6 g sat); 9 g fiber; 23 g carbohydrates; 10 g protein; 136 mcg folate; 28 mg cholesterol; 7 g sugars; 0 g added sugars; 3,156 IU vitamin A; 15 mg vitamin C; 281 mg calcium; 2 mg iron; 528 mg sodium; 481 mg potassium
Nutrition Bonus: Vitamin A (63% daily value), Folate (34% dv), Calcium (28% dv), Vitamin C (25% dv)
Carbohydrate Servings: 1½