

Spaghetti Squash Mac n' Cheese



Serves 4

Ingredients:

- 1 medium spaghetti squash (about 2 1/2 pounds whole)
- 1/2 cup half & half
- 2 cups shredded cheese
- 3 tablespoons of butter
- 2 tablespoons corn starch or arrowroot powder
- 1 tablespoon kosher salt
- 1 teaspoon ground mustard

- Optional: $\frac{1}{2}$ cup almond meal + $\frac{1}{2}$ cup Parmesan cheese for topping

Instructions:

1. Pre-heat oven to 375°F.
2. Cut squash in half longways and remove the seeds. Place on a baking sheet and bake for 45 minutes or until squash strands can be easily scraped with a fork.
3. Once squash is cooked, scrape squash strands into a large bowl and save the shells for later. Set aside.
4. In a small saucepan, heat up the half & half to a simmer, remove from heat, and then set aside.
5. In a medium pan, over medium heat, melt the butter. Once fully melted, whisk in corn starch. Add in the warm milk and whisk that all together for about 5 minutes until it's thickened.
6. Add in the cheese and seasonings to the corn starch mixture, continuing to stir until the cheese is thoroughly melted and combined.
7. Combine the cheese with the squash, mix thoroughly, and then fill the 2 empty spaghetti squash shells with mixture. If using, add the optional topping to each shell.
8. Broil in oven for additional 2-3 minutes. Watch carefully to avoid burning.

Nutrition per serving: Calories 587; Total Fat 42.9 g; Saturated Fat 21.6 g; Monounsaturated Fat 13.7 g; Polyunsaturated Fat: 3.4 g; Total Carbohydrates 30.3 g; Dietary Fiber 8.3 g; Sugar Alcohols 0.0 g; Sugars 10.2 g; Protein 24.8 g; Sodium 2412 mg