

Spaghetti Squash with Sautéed Spinach

Yield: 6-8 servings

Ingredients:

- 1 (3 to 3 ½ lb.) spaghetti squash
- 2 Tbs butter, cut into pieces
- 2 Tbs olive oil
- 1 (8 oz) package mixed wild mushrooms, sliced
- 2 large garlic cloves, minced or sliced
- ¼ tsp dried, crushed red pepper
- ¼ tsp freshly ground black pepper
- ¼ cup white wine
- 1 (12 oz) container baby spinach, prewashed
- ¼ cup (1 oz) shaved parmesan cheese

Directions:

Preheat oven to 375 degrees F. Cut squash in half lengthwise; discard seeds. Bake squash, open face down, on a lightly oiled cooking sheet 30-40 minutes or until flesh is tender when pierced with a fork. Scrape inside of squash to remove spaghetti-like strands. Transfer to a serving platter; toss with butter; cover and keep warm. Heat oil in a large, deep skillet over medium heat. Add mushrooms, garlic, red pepper and black pepper. Cook 5 minutes or until mushrooms are tender and liquid evaporates. Stir in wine; bring to a boil. Add spinach and cook, stirring occasionally, 2 minutes or until wilted. Spoon mushroom mixture onto spaghetti squash and sprinkle with parmesan cheese.

Nutrition

Calories	111
Total Fat	6.8g
Sat Fat	3.4g
Chol	13.7mg
Carb	8.0g
Fiber	2.6g
Protein	4.1g

