

Creamy Spaghetti Squash with Ricotta and Spinach*

Servings: 8 | Prep/cook time: 1 hour

Ingredients:

- 1 large, spaghetti squash, halved lengthwise and seeded
- 1 tsp. Extra virgin olive oil
- 1 onion, finely chopped
- 2 cups, grape tomatoes, halved
- 2 large garlic cloves, chopped
- 6 cups fresh baby spinach
- 15 oz. Part-skim ricotta cheese
- ½ cup shredded mozzarella cheese, divided
- 3 tbsp. grated parmesan cheese, divided
- ¼ cup fresh basil, chopped
- 1 tsp. salt
- ½ tsp. black pepper



Healthy Comfort Food

Directions:

1. Preheat oven to 400°F.
2. Put squash halves on microwave safe plate, cut- side down; microwave on HIGH until tender and squash can easily be scooped out with a fork, 10-12 minutes.
3. Meanwhile, heat oil in a large nonstick skillet over medium-high heat; cook onion, stirring occasionally, until golden and tender, 5 minutes. Stir in tomatoes and garlic; cook, stirring frequently, until tomatoes start to soften, 3 minutes.
4. Add spinach; cook, stirring, just until wilted, 1 minute. Remove from heat.
5. Scoop “spaghetti” strands into skillet; toss to coat. Stir in ricotta, 1/4 c mozzarella, 2 tbsp. Parmesan, basil, salt and pepper. Transfer to a 2- to 3-qt baking dish; sprinkle with remaining mozzarella and Parmesan.
6. Bake until bubbly around edges and top is lightly golden, 15-20 minutes.

**This recipe comes from WW. 4 PersonalPoints™ per serving*