**Spaghetti Squash Alfredo**

**Yield:** Makes 2 large servings or 4 side dish servings

**Ingredients:**

1 medium-sized spaghetti squash

1 Tablespoon butter

3 cloves of garlic, finely minced

2 Tablespoons flour

1 1/2 cups fat free milk

1 Tablespoon cream cheese

1 cup freshly grated Parmesan cheese, plus 2 Tablespoons extra for topping

1/4 teaspoon sea salt

1/8 teaspoon freshly ground pepper

Fresh parsley, for optional garnish

**Directions:**

Preheat oven to 375 degrees F.

First, prep the squash. Cut spaghetti squash in half using a large sharp knife, scoop out the seeds and place cut side down on a rimmed baking sheet. Bake until tender, about an 45 minutes to one hour.

Once squash is cooked, use a fork to gently scrape the “spaghetti” strands into the center. (Keep spaghetti in the squash shells.)

For the sauce, melt butter in a small pot over medium-low heat. Once hot, add garlic and sauté for 1-2 minutes. Whisk in flour, cooking for another minute while stirring. Whisk in milk until smooth. Once hot, add cream cheese and stir until smooth. Remove from the heat. Stir in Parmesan, salt and pepper.

Spoon sauce equally into each spaghetti squash half. Gently pull up the spaghetti strands to coat as much as possible with the sauce. Top with extra Parmesan and parsley and place under the broiler of your oven for 2-3 minutes, or until golden and bubbly. Enjoy!