

Spaghetti Squash Alfredo

2 points per serving



1 whole spaghetti squash
2 cups cauliflower florets, chopped
1 tsp olive oil
1/4 chopped onion
1 clove garlic, minced
1/4 cup fat free evaporated milk
1/4 cup chicken stock
1/2 cup Parmesan cheese, grated
Salt and fresh black pepper

- **1** To quickly cook the cauliflower, add it to microwave safe container with a lid with 3 tbsp of water, the onion, and the garlic. Cook on high for 3 minutes and check. Continue to cook in 30 second increments until it is very tender. Set aside.
- **2** Pierce squash all over with a knife to make small slits where the steam can escape. Then place on a microwave safe dish and cook on high for 10 minutes. Squeeze to make sure it is soft, if not add more time in two minute increments. Let rest in the microwave until the Alfredo is ready.
- **3** Take the cauliflower, onion, and garlic and add it to a blender. Pour in the evaporated milk, cheese, chicken broth, salt, and pepper and blend to desired consistency.
- **4** Carefully cut open the spaghetti squash and remove the seeds. Divide the Alfredo between the two sides and serve.

2 Servings

Nutritional Info: 105.1 calories, 5.5g of fat, 8.2g carbohydrates, 2.7g dietary fiber, 6.7g of protein