

GARLIC PARMESAN SPAGHETTI SQUASH



Nutrition Facts

Serving Size: 3/4 cup
Servings per Recipe: about 6

Amount per serving:

Calories 130 Calories from Fat 35

Total Fat 6g

Saturated Fat 1g

Trans Fat 0g

Sodium 200mg

Total Carbohydrates 19g

Dietary Fiber 4g

Protein 3g

Prep time: 15 minutes

Cooking time: 40 minutes

Ingredients:

- 1 spaghetti squash, approximately 4 pounds, cut in half with seeds cleaned out
- 2 Tablespoons olive oil
- 10 garlic cloves, minced
- 1/2 teaspoon red pepper flakes, or to taste
- 1/2 teaspoon salt
- 3/4 teaspoon ground black pepper
- 2 Tablespoons grated Parmesan cheese
- 1 Tablespoon parsley flakes

Instructions:

1. Preheat air fryer to roast at 375. Lightly brush each cut half of the squash with olive oil. Sprinkle lightly with salt and pepper, to taste.
2. Place each half, cut side up in the air fryer. Roast for 30 minutes, or until squash can easily be shredded. Allow to cool slightly and shred squash. Set aside.
3. Heat olive oil in large skillet over medium-high heat. Once oil is hot, add garlic and red pepper flakes. Cook for two minutes, then add squash and toss to spread seasoning throughout. Season with salt and pepper, adding grated Parmesan and parsley flakes to the top and enjoy!

Note: No air fryer? No problem! Preheat your oven to 350F. Roast the spaghetti squash as prepared in oven for 1 hour, or until fork tender.