

# Health Is Best: Spaghetti Squash with Sautéed Veggies and Mock Alfredo Sauce

Recipe By *Riva Fogel-Landy,*

*RDN, CDN*



**Cooking and Prep:**  1  
h 45 m

**Serves:**  8

**Contains:** 

**Preference:** Dairy

By Riva Fogel- Landy, RDN, CDN

**Difficulty:** Medium

**Occasion:** Shavuot, Nine

Days

**Diet:** Vegetarian, Gluten Free,

Low Carb, No Refined Sugar

**Source:** Kosher.com

Exclusive

## Ingredients (13)

### Main ingredients

- 2 large spaghetti squash
- 2 10 ounce box of fresh Portobello mushrooms
- 1 bag fresh spinach leaves
- 2 large purple onion

- 1 24 ounce bag of cauliflower florets, such as **Beleaf Frozen Cauliflower Florets**
  - 3/4 cup milk
  - 1/2 cup low fat mozzarella cheese
  - 1 jar **Gefen Marinara Sauce** (or use sugar-free marinara)
  - 4 garlic cloves
  - salt, to taste
  - pepper, to taste
  - 2 **Gefen Frozen Garlic cubes**
  - oil for sautéing
- 

## Start Cooking

### Prepare the Spaghetti Squash

1. Cut squash in half (lengthwise) sprinkle with salt and pepper (spray with pam-optional) and bake on 350 degrees Fahrenheit for one and half hours.
2. In the meantime, cut mushrooms, four garlic cloves and purple onion into small pieces and sauté about seven minutes. Add bag of baby spinach leaves and sauté another few minutes.
3. In a separate pot cook the cauliflower in water with a little salt until very soft, strain well. Once strained but still hot place cauliflower back in pot and add milk and cheese. Add salt and pepper and two frozen garlic cubes to taste. Use an immersion blender to blend it into a fine, thin cream sauce.
4. Once the spaghetti squash is cooked, remove the seeds. Then use a fork to scrape out the entire inside of the squash in strands.
5. You are now almost ready to eat! You can plate this dish individually or layer it in a pan and let people help themselves. Place spaghetti squash on bottom, followed by marinara sauce then the sauteed veggies and finally top it with your cream sauce. Enjoy!