

## RECIPE

# Cheesy Broccoli-Stuffed Spaghetti Squash Bowls



Serves **2 people**

## Ingredients

- Two 1½ to 1¾ pound spaghetti squash
- 1 tablespoon extra virgin olive oil
- 4 cups small broccoli florets
- 1 cup + 4 tablespoons shredded whole mozzarella cheese
- ¼ cup grated Parmesan cheese
- ¼ cup prepared basil pesto

## Preparation

1. Preheat the oven to 400°F. Line a rimmed baking sheet with

aluminum foil and lightly coat with nonstick cooking spray.

2. Carefully trim off the squash stems. Cut squash in half lengthwise, and use a spoon to remove the seeds. (To soften the squash first, poke a few holes into the squash, place on a microwave-safe plate, and heat in the microwave for about 3 minutes.) Brush the insides of the hollowed out squash with the olive oil, and sprinkle with kosher salt and pepper.
3. Place, hollowed side down, on the prepared baking sheet. Place in the oven and bake until tender, 35 to 40 minutes.
4. While the squash is in the oven, steam the broccoli until tender, about 4 minutes.
5. Remove the cooked squash from oven and allow to cool about 10 minutes. Shred the cooked squash into spaghetti-like strands. Scoop the strands into a large bowl. Add the broccoli, 1 cup of the mozzarella cheese, Parmesan cheese, and basil pesto. Stir well to combine, and season with kosher salt and pepper to taste.
6. Scoop the mixture back into the empty squash bowls, and sprinkle the remaining ¼ cup mozzarella cheese evenly over the tops.
7. Place back into the oven until the mixture is heated through, about 10 minutes.