

# Louisiana HARVEST of the MONTH

## Broccoli Cheddar Spaghetti Squash

### Home Recipe

**Serves: 4**  
**Prep Time: 10 minutes**  
**Cook Time: 15 Minutes**

### Ingredients

- 1 spaghetti squash (about 3 to 4 lbs.)
- 4 tablespoon butter
- 2 cup chopped fresh broccoli
- 1 ½ cup cheddar cheese
- ½ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ½ teaspoon onion powder

### Cooking Instructions

- 1) Wash the exterior of the squash and then towel dry. Carefully cut your squash in half lengthwise. Scrape out seeds.
- 2) Place the squash, with the cut side facing down, into a microwave-safe dish filled with 1 inch of water. Place into the microwave and cook in 5-minute intervals. It should take between 10-15 minutes.
- 3) Remove from water and set aside to cool. Once squash is cool enough to touch, use a fork to scrape the squash from the shell. Mix an equal amount of salt, pepper, paprika, and ½ cup of cheese into each half.
- 4) In a medium saucepan heat butter over medium-high heat. Once butter is melted, add chopped broccoli season with pepper and onion powder, sauté for one minute or until broccoli turns bright green. Place on top of squash and sprinkle remaining cheese.

### Nutrients Per ½ Cup Serving

• <b>Calories</b>	180
• <b>Total Fat</b>	9.13 g
• <b>Saturated Fat</b>	5 g
• <b>Cholesterol</b>	20.3 mg
• <b>Sodium</b>	263 mg
• <b>Carbohydrates</b>	23.7 g
• <b>Dietary Fiber</b>	6.6 g
• <b>Protein</b>	5.8 g
• <b>Calcium</b>	112 mg
• <b>Iron</b>	1.5 mg
• <b>Vitamin C</b>	31.4 mg

