

# DINNERLY



## Cheesy Baked Spaghetti Squash with Spinach:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Who needs carb-heavy pasta when you can have spaghetti squash? With a few scrapes of a fork, au naturale veggie noodles appear like magic. A perfect fit for a cheesy sauce, lots of spinach, and a layer of garlicky breadcrumbs. We've got you covered!

### WHAT WE SEND

- 12 oz spaghetti squash
- 1 oz panko <sup>1,6</sup>
- ¼ oz granulated garlic
- 2 oz shredded fontina <sup>7</sup>
- 2 oz basil pesto <sup>7</sup>
- 5 oz baby spinach

### WHAT YOU NEED

- olive oil
- butter <sup>7</sup>
- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- 1 cup milk <sup>7</sup>

### TOOLS

- medium ovenproof skillet

### ALLERGENS

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 580kcal, Fat 42g, Carbs 39g, Protein 19g



#### 1. Prep spaghetti squash

Preheat oven to 450°F with a rack in the center.

Transfer **spaghetti squash** to a plate. Remove skin, then gently scrape with a fork to pull apart into thin strands.



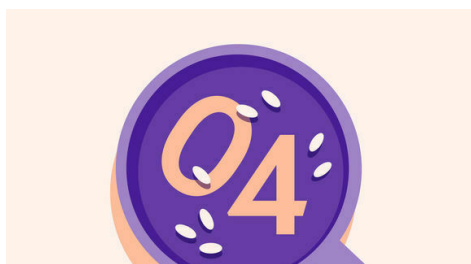
#### 2. Make garlicky breadcrumbs

Heat **1 tablespoon each of oil and butter** in a medium ovenproof skillet over medium-high. Add **panko** and **¼ teaspoon granulated garlic**; cook, stirring occasionally, until lightly browned and toasted, 2–3 minutes. Transfer to a bowl and season with **salt** and **pepper**; set aside until step 4. Wipe out skillet.



#### 3. Make cheese sauce

Heat **1 tablespoon butter** in same skillet over medium-high. Whisk in **1 tablespoon flour**; cook, stirring, 1 minute. Slowly whisk in **1 cup milk** until smooth; bring to a simmer. Reduce heat to medium; cook, whisking, until thickened, 2–3 minutes. Remove from heat. Stir in **cheese, pesto**, and **a pinch each of salt and pepper**, whisking until combined and cheese is melted.



#### 4. Bake & serve

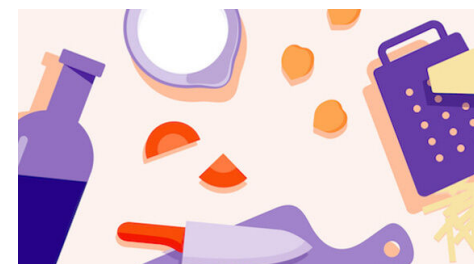
To skillet with **cheese sauce**, gently stir in **spinach** until just wilted. Stir in **spaghetti squash** until evenly coated in sauce. Top with **breadcrumbs**. Bake on center oven rack until bubbling and golden brown on top, about 10 minutes.

Let **cheesy baked spaghetti squash** sit 5 minutes before serving. Enjoy!



#### 5. ...

What were you expecting, more steps?



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!