How to Create Healthy Meals With Spaghetti Squash

Spaghetti squash is a healthy vegetable that is typically in season between the summer and fall, though you can usually find it year-round. The great thing about it is that you can roast the squash and remove the flesh, which has the consistency of pasta noodles. This can be used to create some really healthy recipes.

**Spinach Artichoke Stuffed Squash**

Instead of turning your spaghetti squash into pasta, this recipe is instead going to involve stuffing the squash. Think of it like a zucchini boat but done with a big spaghetti squash instead. One squash usually feeds at least two people, especially when you have other side dishes. You will prepare the squash with olive oil, salt and pepper, and use the same seasonings to cook your chicken. Dice it up and add it to the squash. Make a sauce for the squash with mozzarella and parmesan cheese, spinach, artichoke hearts, yogurt, cream cheese, cornstarch, and chicken broth.

**Baked ‘Spaghetti’ in the Squash**

Here is a classic tomato and meat spaghetti recipe that is going to use your spaghetti squash instead. You are going to use the squash as your pasta for this one, so you will need to bake the squash first. You can do this with it completely plain by cutting it open and roasting, but adding some flavor with olive oil, salt, and pepper is a better idea. Once it is done, use a fork to remove the flesh ‘pasta’ and add it to a dish with your chosen spaghetti sauce, ground beef, and veggies like chopped onions, tomatoes, and peppers. Add some cheese and bake the spaghetti for a few minutes.

**Broccoli Cheese Squash**

Here is another stuffed spaghetti squash recipe. For this one, you are going to combine the flavors of broccoli and cheese. For this recipe, you want to prepare the squash by cutting it in half, and adding seasoning to the flesh of the squash. Add some broccoli florets and cheese of your choice, along with red pepper flakes, garlic, salt and pepper, and Italian seasonings. You can use cheddar, mozzarella, parmesan, or any combination of these cheeses. Then you just bake it until tender.

Remember that with squash, there are many variations. Use it as pasta or stuff it with your choice of veggies, seasonings, meats, and sauces to create a different meal every time.