

Baked Spaghetti Squash with Alfredo and Shrimp Scampi

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Ingredients:

Spaghetti Squash

- 1 Small to Medium Sp Squash
- 1 tbsp Avocado Oil

Alfredo Sauce

- 2 tbsp butter
- 6 cloves minced garlic
- 1 1/2 cup heavy whipping cream
- 1 1/2 cups shredded or freshly grated Parmesan cheese (feel free to use another 1/2 cup if you like your Alfredo super cheesy)
- 3 oz cream cheese
- salt and pepper to taste
- pinch nutmeg (optional)

Shrimp Scampi

- 1 tbsp butter
- 2 cloves garlic
- 1 lb fresh, shrimp
- Italian herb blend

Directions:

Spaghetti Squash

1. Preheat your oven to 400 degrees F. and line a baking sheet with foil or place a sheet of parchment paper on it.
2. Puncture the skin of the squash with a sharp knife (many times), on each side.
3. Microwave the squash for 5 minutes to tenderize the skin for cutting.
4. Cut the squash lengthwise to expose the seeds.
5. Scoop the seeds out and discard.
6. Drizzle oil on the squash, season with salt and place on the sheet cut side down.
7. Bake for 30 to 40 minutes or until tender.
8. Once removed from the oven, let the squash rest on the baking sheet for 10 minutes, cut side still down.
9. Flip and use a fork to release the squash, this will create the strands. Add Alfredo sauce (once the sauce is done) equally to each side. Sprinkle with mozzarella cheese and bake for 10 more minutes. Broil if you'd like a browned top.

Alfredo Sauce, make while squash is cooking:

1. Add butter and minced garlic to the pan saute until the garlic is fragrant
2. Add the heavy whipping cream, and bring to a simmer.
3. Slowly sprinkle in the Parmesan cheese, whisk until melted.
4. Cut the cream cheese into chunks and add to the pot. Whisk until melted and smooth.
5. If it needs to be thicker, add more cream cheese.
6. If it needs to be thinner, add more heavy whipping cream or 2% milk.
7. Sprinkle in a pinch of nutmeg (optional)
8. Taste your sauce, if it needs it, add salt and pepper.

Shrimp Scampi

1. Peel the shells off and lay out on a flat surface, such as a cutting board.
2. Sprinkle a combination of the herb blend on both sides of the shrimp.
3. On medium heat, melt the butter in a medium saute pan.
4. Once frothy, add the garlic and stir around until fragrant.
5. Add the shrimp to the pan.
6. Let the shrimp sit for about 2 minutes, then flip to cook the other side. You want them to turn pink and be opaque looking.

Add Shrimp to the top of the baked squash and serve.

