



CREAMY MASHED SPAGHETTI SQUASH

By Dr. Cindy Tanzar
(Maintenance/Special Occasion)

This luscious mashed spaghetti squash is a delightful low-carb alternative to traditional mashed potatoes. Roasted to tender perfection, then blended with rich butter, Parmesan cheese, and just the right touch of garlic, it's creamy, slightly sweet, and full of flavor. Perfect for maintenance-friendly meals or elegant holiday dinners, this recipe transforms a simple squash into a comforting, crowd-pleasing side.

Makes approximately 5 servings, depending on the size of your squash.



INGREDIENTS

- 1 large spaghetti squash, halved (leave in seeds)
- 3 - 4 Tbsp Kerry Gold butter, to taste
- 1/2-1 tsp. garlic powder, to taste
- 1/2 tsp. Pink Himalayan salt, to taste
- 1/4 tsp. ground black pepper



1 cup Parmesan cheese, grated (grating your own is much tastier)
1-2 Tbsp heavy cream, if desired/needed

DIRECTIONS

Preheat the oven to 400°F. Line a baking pan with parchment paper.

Pierce squash with a knife several times. Place in microwave for 5 minutes for easy slicing – cutting in half lengthwise or width. Place squash cut side down on pan. Roast 45-60 minutes – until very soft when pierced with a knife. Carefully remove seeds (hot!) and shred squash with a fork into a large bowl.

As the squash sits, the weight will squeeze out some of its liquid. Press it light with a large spoon to encourage this and soak/drain the extra liquid with a paper towel. This extra step will make the squash more firm and not loose.

Add butter, salt and pepper and mix with a hand mixer (if squash has cooled, heat in microwave). Add Parmesan cheese and mix again. Adjust seasonings to taste. Taste is slightly sweet and so good!