

Spaghetti Squash with Butter Nutmeg Drizzle

– by Paula Hendricks, Nutrition Consultant

A Hendricks family holiday specialty. Since our daughter is not a fan of mashed potatoes for Thanksgiving dinner, we make this savory vegetable dish that our family now prefers. It is also very simple to make, low-carb and satisfying. Try it any day of the week or for your next holiday dinner.

Ingredients:

- One 5-6 lb whole spaghetti squash (NOT butternut)
- 4 T. butter, softened
- 1 large garlic clove, minced
- 1/4 tsp. nutmeg
- Salt and pepper to taste
- Fresh shredded parmesan cheese, about 1/4 cup (optional)



Instructions:

Puncture the whole squash about 6 times by using a sharp knife. Put in microwave on high for about 5-7 minutes. Take out and cut the ends off with a long sharp knife. Stand the squash on its end and carefully cut it in half. Scrape out the center seeds and pulp with a spoon until clean. Cover each half with plastic wrap, put back in microwave, one or two at a time depending on the microwave size. Cook for another 5-7 minutes.



While the squash is cooking, heat garlic with 1 T. of butter in a sauté pan for about 1 minute – do not burn. Turn heat to low and add remaining butter, nutmeg, salt (about 1 tsp.) and pepper (1/2 tsp.) or more to taste. Turn off heat, cover and set aside.

Once the microwave stops, check the squash. Careful – it will be very hot. It is done when you can moderately flex each piece. If it doesn't flex, heat for another 2 minutes and check again.

After it is cooked, scrape the squash with a fork into a bowl. It will come off in strings – hence the name spaghetti squash. Add the warm butter nutmeg sauce, a little at a time. You may not need all the butter. Stir until thoroughly mixed. Place in a serving dish and sprinkle with the shredded parmesan cheese if desired. Sprinkle a dash of nutmeg on top for embellishment. Serve warm.



Nutritional Analysis: This is a low-carb side dish containing approximately 80 calories per serving. Spaghetti squash contains approximately 20 calories per 1/2 cup, about 4 net carbs. The butter contributes the majority of calories, about 50 calories, 5 grams of fat, if all the butter is used.