# Spaghetti Squash "Mac and Cheese"



## Ingredients

- 1 large spaghetti squash (4 lbs)
- 3 tbsp butter or coconut oil*
- 3 tbsp whole wheat or spelt flour**
- 2 cups milk of choice (I used unsweetened almond milk)
- 3/4 tsp salt
- 1/2 tsp onion or garlic powder
- Pinch ground black pepper  Coupons
- 1 cup (4 oz) any hard cheese, shredded (I used mozzarella)
- Red pepper flakes, to taste

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## Directions

1. Preheat oven to 375 F degrees F. Wash squash, cut in half lengthwise and remove seeds with a spoon. Punch randomly with a fork, place cut side down on a baking sheet lined with unbleached parchment paper and bake for 40-50 minutes. Remove squash from the oven, let cool until it's safe to the touch and separate into strands with a fork. Cut into 2" strands using kitchen scissors. Set aside.
2. In the meanwhile, preheat medium pot or dutch oven on low-medium heat and melt butter or oil. Whisk in flour until small lumps form. Add milk and keep whisking until smooth. Add salt, onion powder and pepper; whisk and let simmer for about 3-4 minutes or until sauce has slightly thickened. Add cheese and whisk again until smooth.
3. Add squash and mix gently with a spoon to combine. Cover and let squash warm through for about 5 minutes. Serve hot.

**Storage Instructions: Refrigerate in an airtight container for up to 3 - 4 days. Do not freeze.**

## Notes

*I like both ways, depends how much you like coconut oil. **I have not tried to make this recipe gluten free, so I don't know.

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