



CREAMY GARLIC SPAGHETTI SQUASH CASSEROLE

By Dr. Cindy Tanzar
(Standard/Maintenance)

Time for more Fall recipes! This casserole has all the comfort of a “cheesy” creamy dish without using dairy. It has a lot of garlicky goodness reminiscent of a garlic cream sauce. The turkey bacon in the recipe is free of nitrites or nitrates, so is great for our weight loss program. You could always substitute the bacon for a wild Alaskan salmon fillet, creating a healthy “tuna” casserole recipe. The foundation of this recipe is courtesy of paleoglutenfree.com. This recipe is best for maintenance. However, if you would like to incorporate it into your weight loss plan.

Makes 5 servings. Divide your dish into fifths - one serving covers your vegetable, fat and 1 ounce of protein per meal (so you need to eat an additional 2 oz.)



INGREDIENTS

- 3-4 cups cooked spaghetti squash
- 8 slices Applegate Farms turkey bacon (contains no nitrites/nitrates)
- 1-1/2 cups broccoli or frozen broccoli florets
- 1 cup canned, unsweetened, full fat coconut milk
- 1 egg



1 tsp. pink Himalayan salt

1 tsp. garlic powder

Fresh ground pepper to taste

Maintenance option: sprinkle parmesan cheese on top

INSTRUCTIONS

Roast the spaghetti squash: Preheat oven to 400°F. Cut squash in half lengthwise, scoop out and discard the seeds. Place cut side down in a roasting pan. Add enough water in the pan to cover the bottom well. Roast for 30-45 minutes until fork tender or until strands of squash separate easily into “noodles” with a fork. Check at 30 minutes so as not to overcook. When done, scrape out the flesh with a fork, making longer strands.

Cook turkey bacon until crisp and chop into pieces and steam fresh broccoli or cook frozen florets according to package directions.

For the sauce whisk together coconut milk, egg, salt, powdered garlic and pepper. Place on stove over medium heat, whisking until thickened - about 5-8 minutes.

Gently mix the squash, broccoli, and turkey bacon together and place into a greased casserole dish. Pour cream sauce over the casserole. Heat in a 400°F oven until just warm (approx. 15-20 minutes).