

Crab Alfredo Stuffed Spaghetti Squash

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INGREDIENTS

- 1 lb. Louisiana lump crabmeat
- 2 small spaghetti squash , 1.5 - 2 lb each
- 2 Tbsp olive oil , divided
- Salt and pepper , to taste
- 1 Tbsp garlic, minced
- ½ tsp sweet paprika
- 1 small onion, chopped.
- 1.5 cups Alfredo sauce
- 1/4 cup fresh herbs, such as parsley and/or basil , chopped
- ½ cup Panko bread crumbs
- 1/2 cup freshly grated Parmesan cheese
- 1 cup shredded Mozzarella cheese

DIRECTIONS

1. Preheat the oven to 375F. Cut the spaghetti squash in half length-wise. Use a spoon to scoop out the seeds. Brush the inside of each half with half the olive oil. Place on a large baking sheet with the cut side facing up. Roast the squash at 375F for 30 minutes, or until the squash flakes easily when pierced with a fork. Set aside to cool for a few minutes, but keep the oven on.
2. Use a fork to scrape all the spaghetti squash strands out of each squash, taking care not to pierce the squash skin. Place the spaghetti strands into a large bowl.
3. In a medium bowl, combine the lump crabmeat with the salt, garlic, paprika, and 1 tablespoon olive oil. Mix with a fork.
4. Heat a large skillet, and add the onion. Saute 5-6 minutes.
5. Add the crab mixture to the skillet.. Cook for 2-3 minutes or until the crab is fully cooked. Remove from heat.
6. In a large bowl, combine the cooked spaghetti squash, cooked crab, 1.5 cups Alfredo sauce, 1/4 cup grated Parmesan cheese, and the herbs. Mix well, and place into the 4 spaghetti squash boat shells.
7. Arrange the spaghetti squash boats on the same large baking sheet. Top each filled spaghetti squash boat with about 2 tablespoons of bread crumbs, 1 tablespoon of freshly grated Parmesan cheese, and about 1/4 cup shredded mozzarella. Bake at 375F for 10-15 minutes, or until the cheese is all melted. Remove from heat, allow to stand for 5 minutes before serving hot.



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HEALTHY SWAPS

- Lower fat: Substitute fat-free cream of mushroom soup for Alfredo sauce. Use low-fat mozzarella cheese. 259 calories. 8g fat (2g saturated fat, 81mg cholesterol.) 724mg sodium. 27g carbohydrates (4g fiber, 7g sugar.) 19g protein.
- **Lower carbohydrate:** Substitute 8 cups of zoodles for spaghetti squash. Use pork rind dust “bread crumbs.” 371 calories. 27g fat (14g saturated fat, 141mg cholesterol.) 979mg sodium. 9g carbohydrates (2g fiber, 4g sugar.) 22g protein.
- **Lower sodium:** Substitute salt-free cream of mushroom soup for Alfredo sauce. Omit additional salt & parmesan. 262 calories. 10g fat (3g saturated fat, 84mg cholesterol.) 503mg sodium. 25g carbohydrates (4g fiber, 7g sugar.) 17g protein.
- **Dairy-free:** Use vegan Alfredo sauce and cheeses. 294 calories. 11g fat (2g saturated fat, 73mg cholesterol.) 896mg sodium. 31g carbohydrates (5g fiber, 14g sugar.) 18g protein.
- **Gluten-free:** Use pork rind dust “bread crumbs.” 438 calories. 29g fat (15g saturated fat, 147mg cholesterol.) 1,125mg sodium. 21g carbohydrates (4g fiber, 7g sugar.) 23g protein.

Nutrition Facts	Amount/serving		Amount/serving		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		% Daily Value*		% Daily Value*	
8 servings per container	Total Fat 27g	35%	Total Carbohydrate 27g	10%	
Serving size .5 Boat	Saturated Fat 14g	70%	Dietary Fiber 4g	14%	
Calories per serving	Trans Fat 0g		Total Sugars 8g		
	Cholesterol 140mg	47%	Includes 0g Added Sugars	0%	
450	Sodium 1130mg	49%	Protein 23g	46%	
	Vitamin D 1mcg	4%	Calcium 359mg	30%	• Iron 2mg
	Potassium 420mg	8%			10%