

**Baked Spaghetti Squash**

**Ingredients**

**1 spaghetti squash, halved lengthwise and seeded**

**⅓ cup Parmesan cheese**

**¼ cup heavy cream**

**1 egg, beaten**

**1 teaspoon garlic powder**

**1 teaspoon Italian seasoning**

**½ teaspoon salt**

**½ teaspoon ground black pepper**

**½ cup shredded Cheddar cheese**

**Directions**

**Step 1**

**Preheat oven to 350 degrees F (175 degrees C). Lightly spray an 8x8-inch baking dish with non-stick cooking spray.**

**Step 2**

**Sprinkle 2 tablespoons water into each squash half. Place squash, cut side down, in a microwaveable dish. Microwave on high until soft, about 10 minutes.**

**Step 3**

**Scrape out squash strings with a fork and place in a mixing bowl. Add Parmesan cheese, cream, egg, garlic powder, Italian seasoning, salt, and pepper. Mix thoroughly. Transfer mixture to prepared baking dish. Sprinkle with shredded Cheddar cheese.**

**Step 4**

**Bake in preheated oven until browned and set, about 30 minutes.**