

- Plant Based
- Keto
- Paleo
- Whole 30
- Gluten-Free\*
- Dairy-Free
- Vegetarian
- Vegan

*Let's make this!*

# Cheesy Everything Bagel Bake

SERVES: 8 (side)

PREP TIME: 10 Min

COOK TIME: 60 Min

## INGREDIENTS:

- 3 tbsp butter
- 1 medium yellow onion - chopped
- 5 cloves of garlic - minced
- 3 tbsp whole wheat flour\*
- 2 cups milk
- ½ tsp ground black pepper
- 4 oz cream cheese
- 5 tbsp everything bagel seasoning
- 2 cups parmesan cheese – shredded, divided
- 2 Already Spaghetti rings - shredded and squeeze to remove excess moisture

### Everything bagel seasoning:

- Minced dried garlic
- Poppy seeds
- Sesame seeds
- Minced dried onion
- Flaked salt

\*substitute cassava or rice flour to make this recipe gluten free!

## DIRECTIONS:

1. Preheat oven to 350° F and set out a 9 x 9 casserole dish.
2. Melt butter in a pan over medium heat. Sauté onions until soft.
3. Once onions are soft, add garlic and flour. Whisk quickly to make roux.
4. Whisk in milk and black pepper. Once combined, add cream cheese until melted in.
5. Stir in 3 tbsp of the everything bagel seasoning and 1 cup of shredded parmesan until well combined.
6. Using tongs, mix sauce with Already Spaghetti and place mixture in a casserole dish.
7. Top with remaining cup of shredded parmesan and everything bagel seasoning.
8. Bake covered for 40-50 minutes. Uncover and bake for an additional 10-20 minutes, or until the top forms a crust. Serve hot.

Nutrition Facts per side serving: Calories 277, Fat 18g, Fiber 2g, Total Carbohydrates 20g, Sugar 7g



ALREADY  
*Spaghetti*