

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

*Healthy home cooking!*

## Spinach and Artichoke Already Spaghetti

SERVES: 4 (side) 2 (entrée)

PREP TIME: 10 Min

COOK TIME: 10 Min

### INGREDIENTS:

- 1 medium onion - chopped
- 1 jar artichoke hearts
- 2 cups spinach - chopped
- ¼ cup parmesan cheese - grated
- 8 oz cream cheese
- 2 tsp Kosher salt
- ½ tsp ground black pepper
- 2 Already Spaghetti rings – shredded and squeeze to remove excess moisture

Nutrition Facts per serving: Calories 500, Fat 19g, Fiber 7g, Total Carbohydrates 32g, Sugar 15g

### DIRECTIONS:

1. In a saucepan over medium heat, sweat onions until translucent.
2. In a microwave safe bowl, add spinach and microwave on high heat for about a minute, until wilted.
3. Drain artichoke hearts and mix with wilted spinach and cream cheese, parmesan, salt, and pepper in the saucepan at a low heat, mix until melted.
4. Add Already Spaghetti until well combined and spaghetti squash is evenly coated. Serve hot.



ALREADY  
Spaghetti