



Cheesy Spaghetti Squash Breadsticks

Servings 5 | Prep time 20 mins. | Total time 1 hour 30 mins.

Equipment: Large-Rimmed Baking Sheet/Casserole Dish, Measuring Cups and Spoons, Large Bowl for Mixing, Dish or Cheese Cloth, Baking Sheet, Aluminum Foil

Utensils: Large Knife, Fork, Spoon

Ingredients

- 1 medium spaghetti squash, halved and seeds removed
- 1 tablespoon olive or vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 cloves garlic, minced or 2 tsp powdered garlic
- 1 1/2 teaspoons Italian seasoning or CYP Italian Seasoning Blend
- ½ cups powdered Parmesan cheese
- ¼ cup cornstarch
- 3 cups shredded mozzarella, divided (1 cup for mixing into dough, 2 cups for topping)
- 2 large eggs
- Non-stick spray
- 1 jar marinara sauce, for dipping

Nutritional Information:

Calories 440
Total Fat 21g
Sodium 780mg
Total Carbs 42g
Protein 23g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 400 degrees. Place spaghetti squash halves on a large-rimmed baking sheet. Drizzle cut sides of spaghetti squash with oil and season with salt and pepper. Flip squash so that halves are open side-down on baking sheet. Roast until tender, 35 to 40 minutes.
3. When spaghetti squash has 10 minutes left to bake, begin preparing other ingredients. Measure and pour garlic, Italian seasoning, Parmesan cheese, cornstarch, and 1 cup of mozzarella into a large bowl. Mix to combine.
4. After spaghetti squash has been removed from oven, increase oven temperature to 425 degrees.
5. When spaghetti squash has cooled slightly, use a fork to break up squash strands by scraping through the squash and pulling the spaghetti-like strands away from the sides. Using a cheesecloth or dish towel, wring excess moisture out of the scooped-out spaghetti squash innards.
6. Transfer spaghetti squash to the large bowl with the ingredient mixture. Add eggs and stir until completely combined.
7. Line a baking sheet with foil and grease with non-stick spray. Transfer “dough” to baking sheet and pat into a thin rectangular crust. Bake until golden and dried out, about 25 minutes.
8. Sprinkle with remaining 2 cups of mozzarella and bake until cheese is melted, around 8 to 10 minutes more.
9. Slice across in half, and then slice into 2-inch-wide sticks and serve with marinara.