

Dinner

# Spaghetti Squash Shrimp Scampi

**10 Mins**  
Prep Time

**45-50 Mins**  
Cook Time

**2**  
Servings

**384** Calories **26g** Fat **14g** Carbs **27g** Protein



## Ingredients

**2 Servings** **45-50 Mins Total Time** **Allergens: Dairy, Shellfish**

1 Medium Spaghetti Squash, halved and seeded

2 Tsp + 1½ Tbsp Extra Virgin Olive Oil, divided

1½ Tbsp Butter

¼ Tsp Crushed Red Pepper Flake

3 Cloves Garlic, minced

8 oz Raw Shrimp, peeled and deveined

5 oz Baby Spinach

Juice of 1 Lemon

Salt and Pepper, to taste

### Allergen Swap

**Dairy** Replace butter with olive oil

**Shellfish** Replace shrimp with diced chicken, beans, or tofu, adjust cooking time accordingly

### Nourishment Note!



#### Spaghetti Squash

Spaghetti squash is a tasty, low-calorie, gluten-free alternative to pasta. It's also rich in fiber, vitamin C, B-vitamins, and potassium.



#### Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



#### Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants that may help to reduce the inflammation associated with psoriatic disease. It also contains nutrients that may lower the risk of heart disease and diabetes.

## Instructions

### 1 Prepare Squash

Preheat oven to 375° F. Rub prepared squash halves with 2 Tsp olive oil (1 Tsp per half) and sprinkle with salt and pepper. Place cut side down on a rimmed baking sheet covered with aluminum foil.

### 2 Roast

Roast for 40-45 minutes or until squash strands can easily be scraped out with a fork. Once cool enough to handle, scrape out spaghetti squash strands into a bowl and set aside.

### 3 Heat Skillet

In a large skillet, heat butter and 1 ½ Tbsp olive oil over medium-high heat. Add crushed red pepper and garlic. Cook, stirring frequently, until fragrant, about 30 seconds.

### 4 Combine Ingredients

Add shrimp; sauté 2 minutes or until shrimp is almost opaque. Add spinach, tossing until spinach wilts. Add spaghetti squash strands and lemon juice and sprinkle with salt and pepper. Toss gently to combine.

Recipe adapted from [cookinglight.com](http://cookinglight.com)

## What You'll Need



Cutting Board



Knife



Spoon



Fork



Bowl



Baking Sheet



Aluminum Foil



Large Skillet



Measuring Spoons



Tongs

### PD Cooking Tips

**Garlic:** Purchase jarred, minced garlic.

**Shrimp:** Purchase frozen, peeled, deveined shrimp.

**Spaghetti Squash:** Pre-cook the squash-using a sharp knife, poke several slits in a line lengthwise down the squash. Microwave the squash for 5-6 minutes. When it's cool enough to handle, use the knife to cut open the squash along the "dotted line". Squash can also be cooked up to 3 days in advance to minimize total cooking time.

**Lemon:** Purchase bottled lemon juice.