



<b>PREP TIME</b> <b>15</b> mins	<b>COOK TIME</b> <b>10</b> mins	<b>TOTAL TIME</b> <b>25</b> mins	<b>RECIPE MAKES</b> <b>3</b> serving
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It's time to spice up your spaghetti night! Top nutritious butternut squash noodles with protein-packed Muuna cottage cheese and marinara sauce, fresh basil, and toasted walnuts. You won't miss the traditional noodles OR the meat, but you'll get all the flavor and protein.

## INGREDIENTS

- 1 lb. Butternut squash, peeled and spiralized (or 4 cups squash noodles)
- 1 Tbsp Olive oil
- 1 clove Garlic, minced
- 1 cup Marinara sauce (homemade or store bought)
- $\frac{3}{4}$  cup Classic Plain Muuna cottage cheese
- $\frac{1}{4}$  cup Toasted walnuts, chopped
- $\frac{1}{4}$  cup Fresh Basil, chopped

### Nutrition Information Per Serving:

*With Classic Plain Muuna cottage cheese 4%*

Calories: 337 Protein: 12 g  
Carbohydrates: 45 g Fat: 15 g  
Fiber: 8 g

*With Lowfat Plain Muuna cottage cheese (2%)*

Calories: 327 Protein: 12 g  
Carbohydrates: 45 g Fat: 14 g  
Fiber: 8 g

## INSTRUCTIONS

- 1) Heat a medium non-stick pot over medium heat, add olive oil and minced garlic.
- 2) Saute for about 30 seconds until garlic becomes aromatic.
- 3) Add squash noodles and saute 2-3 minutes.
- 4) Deglaze the pan with 1-2 Tbsp. of water so the noodles don't stick.
- 5) Cover and cook for 3 minutes, stirring occasionally and deglazing with water when needed. Cook until squash noodles are soft, but not mushy.
- 6) Add marinara sauce and heat for 3-4 minutes, stirring occasionally. The sauce should start to bubble.
- 7) Remove the pot from the heat and allow to cool for 3-4 minutes.
- 8) Stir in the Muuna cottage cheese and top with fresh basil and toasted walnuts.
- 9) Enjoy immediately.