

Seeing as squash season is in full swing, I thought we'd take a look at another member of the squash family this time, the spaghetti squash. Paired with creamy garlic mushrooms you could almost mistake it for proper pasta.....almost!

Spaghetti squash is a popular lighter, nutritionally dense, pasta substitute and a great source of vitamins C and B6, manganese, and dietary fibre. As with other winter squashes they are also a good source of antioxidants including beta-carotene. They take minimal preparation so make a great low effort dinner option which is satisfying but also provides 1 of your 5 a day.

Mushrooms are a source of dietary vitamin D which can be increased when exposed to UV light (either from the sun or a light box). They are also good sources of protein, B vitamins, potassium, magnesium, phosphorus, copper, and selenium. As if that wasn't enough, they also contain the soluble fibre beta-glucans which are prebiotic so help feed beneficial gut bacteria.

Spaghetti squash with creamy mushrooms

(Serves 2)

1 medium spaghetti squash

200g mushrooms of your choice

1 garlic clove (finely grated)

Leaves from a couple of sprigs of thyme

100ml double cream (or cashew / soya cream)

1 tbsp of extra virgin olive oil

Salt and pepper



Heat the oven to 180 degrees. Slice the spaghetti squash lengthways and scrape out the seeds. Lightly coat with oil and a pinch of salt. Place both halves flesh side down on a baking tray and pop in the oven for around 40 minutes, until the flesh is soft.

Meanwhile, chop the mushrooms and gently sauté on a low-medium heat with a little extra virgin olive oil and a pinch of pepper. As they start to soften add the garlic and thyme stirring regularly. Add the cream and leave to gently simmer on a low heat.

When the squash is ready agitate the flesh into spaghetti with a fork, working right up to the skin. Using the squash as a bowl serve the creamy mushrooms nestled in the squash and enjoy!

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