

Make Healthy Spaghetti Squash and Spinach Patties with these ingredients!



- 1 (2-pound) spaghetti squash
- 1 (8-ounce) package baby spinach
- 1 tablespoon minced garlic
- 2 large egg whites
- 1/2 cup panko breadcrumbs or regular breadcrumbs
- 2 tablespoons grated fresh Parmesan cheese
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon baking powder
- Canola or Olive Oil cooking spray



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Directions (part 1)

- Preheat oven to 375
- Cut squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut sides up, in a microwave-safe bowl. Cover with a damp paper towel. Microwave at HIGH for 20 minutes or until tender. Let stand 10 minutes. Scrape inside of squash with a fork to remove spaghetti like strands to measure 4 cups.
- Heat a large skillet over medium-high heat. Add spinach to pan; cook 2 minutes or until spinach wilts. Place squash and spinach on a clean dish towel; squeeze until barely moist.
- Coarsely chop squash mixture, and place in a large bowl. Add panko and next 4 ingredients (through baking powder), and toss well to combine.

Directions (part 2)

- Place egg whites in a medium bowl; beat with a mixer at high speed until soft peaks form. Gently fold egg whites into squash mixture.
- Fill a 1/4-cup dry measuring cup with squash mixture. Invert onto work surface; gently pat into a 3/4-inch-thick patty. Repeat procedure with remaining squash mixture, forming 10 patties total.
- Generously spray baking dish with cooking spray and place patties inside. Spray each individual patty to coat evenly. Bake at 375 for 15 minutes, flipping patties after 7 minutes. Top with sour cream if desired

Nutrition Facts



	Per Serving	% Daily Value
Calories	60	
Calories from Fat	8	
Total Fat	0.9g	1%
Saturated Fat	0.2g	1%
Cholesterol	0mg	0%
Sodium	80mg	3%
Potassium	264mg	8%
Carbohydrates	11.4g	4%
Dietary Fiber	0.8g	3%
Sugars	0.5g	
Protein	2.7g	