

## Healthy Roasted Spaghetti Squash Boats with Garlic Mushroom Sauce

Stuffed Spaghetti Squash Boats



OVEN  
**400°F**

TIME  
**4 min**

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**Recipe Card**

SAVE  
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### INGREDIENTS

The Vessel: 1 medium spaghetti squash.

The SautØ: 3 cloves garlic (minced), 8 oz. white mushrooms (sliced), and extra virgin olive oil.

The Deglaze: 1 tbsp white wine vinegar and 1/3 cup chicken broth (or veggie broth).

The Creamy Base: 3/4 cup almond milk and 2 tsp arrowroot powder (used as a thickener).

The Finish: 1 tbsp fresh parsley, salt, and freshly ground pepper.

### DIRECTIONS

1. Roast the "Boats": Preheat your oven to 400°F. After the microwave softening, cut your squash in half lengthwise and scoop out the seeds. Drizzle with olive oil and a pinch of salt and pepper. Place the halves cut-side up on a baking sheet and roast for 45-50 minutes. Once you can easily poke the flesh with a fork, it's ready. Let it cool slightly, then use a fork to shred the insides into long, beautiful strands.
2. SautØ the Garlic and Mushrooms: While the squash roasts, heat olive oil in a large skillet over medium-low heat. SautØ the minced garlic until fragrant (about 2-3 minutes). Stir in the sliced mushrooms and cook for 8-10 minutes. You want them to release their moisture and become soft and deeply caramelized-this is where the flavor lives!
3. Build the Creamy Sauce: Deglaze the pan by stirring in the white wine vinegar and chicken broth. Simmer until the liquid is reduced by half. Pour in the almond milk and simmer for another 5-7 minutes.
4. Thicken and Combine: In a small bowl, whisk the arrowroot powder with 2 teaspoons of water to create a slurry. Stir this into the simmering skillet. The sauce will thicken almost instantly. Season with salt and pepper to taste.
5. Stuff and Serve: Pour the creamy mushroom sauce directly into the shredded squash boats. Toss gently with a fork to ensure the strands are fully coated. Garnish with fresh parsley and serve immediately.

## SWAPS & NOTES

**The Squash:** To make cutting easier, always microwave the squash for 3-4 minutes first.

This softens the outer "armor" just enough for a sharp knife to glide through.

**The Thickener:** If you don't have arrowroot powder, cornstarch works as a 1:1 substitute.

**The Milk:** Any unsweetened nut milk will work, but almond milk provides a neutral base that lets the mushrooms shine.

### TIPS FOR SUCCESS

**Don't Over-Roast:** If the squash gets too soft, the "strands" will turn into mush.

Check it at the 40-minute mark to ensure it still has some structural integrity.

**Mushroom Magic:** Let the mushrooms really brown in the skillet.

That golden-brown color is the secret to a savory, umami-rich sauce.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/healthy-roasted-spaghetti-squash-boats-with-garlic-mushroom-sauce/>