

# "Mac" and Cheese with Proscuitto

## Ingredients

1 cup cooked to al dente and "shredded" spaghetti squash (my cooking process and time: medium to large squash halved, seeded, drizzled with avocado oil, salt, pepper, and garlic, and then baked at 425 F for 25 minutes)  
2 oz. cream cheese  
3 tbsp. half and half (or milk of choice)  
salt and pepper to taste  
21 seasoning salute (from Trader Joe's) for topping, optional (can also use everything but the bagel seasoning)  
2 oz. proscuitto

## Directions

1. Heat skillet to medium low heat.
2. Add cream cheese, half and half, salt, and pepper.
3. Stir until melted and creamy.
4. Meanwhile, heat spaghetti squash in a bowl.
5. Add sauce to bowl and mix to combine.
6. Heat a skillet. Once hot, add proscuitto and allow to shrivel up and crisp slightly.
7. Top with 21 seasoning salute to taste and add proscuitto.
8. Enjoy!

## My Notes

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.