Spaghetti Squash Scampi

1 spaghetti squash

1 1/2 Tablespoons butter

1 1/2 Tablespoons oil

1/4 crushed red pepper

3 cloves garlic, minced

8 ounces shrimp, peeled

5 ounces fresh baby spinach

1/4 teaspoon kosher salt

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Cut ends off of squash.

Cut remaining squash into 1 1/2" rings.

Scoop out out and discard seeds.

Arrange rings on a foil lined baking sheet coated with cooking spray.

Bake 45 minutes at 375.

Carefully scrape out squash strands.

Heat butter and oil in skillet. Add pepper and garlic. Cook 1 minute.

Add shrimp and cook 2 minutes.

Add spinach and toss until wilted.

Add squash and sprinkle with salt.