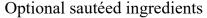
Spaghetti Squash Au Gratin

Ingredients to serve 6-8

- 1 medium to large spaghetti squash
- 1/2 cup grated parmesan cheese
- 1/2 cup mozzarella cheese
- 1-2 Tbsp dried basil
- 1 tsp dried oregano (optional)
- 1 cup cherry tomatoes, sliced in half (or 3 chopped Roma tomatoes.)



- 1 Tbsp olive oil
- 1 med. Onion, diced small
- 2 tsp minced garlic

Directions

- 1. Preheat oven to 375° F
- 2. Cut spaghetti squash in half lengthwise with a big knife.
- 3. Using a spoon, scrape away & discard the seeds and stringy bits from the inside. (Like a pumpkin.)
- 4. Place the squash in a microwave-safe dish <u>cut-side</u> down. (Round side up.) Cover with plastic wrap.
- 5. Cook on high for approximately 7-8 minutes. (*Depending on the size of your squash and how powerful your microwave.*) You will have to cook one at a time, as 2 will not fit in most microwaves. (If you do not have a turntable in your microwave, give the dish a turn half way to ensure even cooking.)
- 6. Repeat and cook the other half.
- 7. Optional sautéed ingredients: Heat oil in skillet and cook onion & garlic for 3-5 minutes until soft.
- 8. Once squash is cool enough to handle, use a fork to separate individual strands like "spaghetti" and put strands in a mixing bowl. (Set shells aside.)
- 9. Toss squash strands with garlic onion mixture and all remaining ingredients.
- 10. Spoon back into squash shell halves and place round side down on cookie sheet. (Cut side up.)
- 11. Bake at 375, uncovered, for 10-12 minutes or until lightly browned.
- 12. Serve as a side dish or as "spaghetti noodles" under spaghetti sauce.

The below YouTube link shows how to scrape the seeds out of a spaghetti squash and how to "strand" it. (Just know that this chef is doing the oven cooking method and this recipe is showing the microwave method.)

http://bit.lv/ppTGOJ





