

# 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.)

### Optional sautéed ingredients

- 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 cut-side 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.ly/ppTGOJ>

Nutrition Facts	
Serving Size 192 g	
Amount Per Serving	
Calories 88	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 9mg	3%
Sodium 159mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 5g	

More great low glycemic recipes at [www.TrinityHealthCoaching.com](http://www.TrinityHealthCoaching.com)