

SPAGHETTI SQUASH AU GRATIN

6 Servings: calories 252, Sodium 342mg, Carbs 9g, Fiber 3g, Protein 7g

Ingredients:

1 medium spaghetti squash
3 tablespoons butter
1 small yellow onion, very thinly sliced
1 teaspoon red pepper flakes
1/4 teaspoon garlic salt
Salt and pepper to taste
3/4 cup sour cream
1 cup shredded cheddar cheese

Directions:

Cut the spaghetti squash in half and remove the seeds. Place in a covered dish with a ¼ inch of water and microwave for 10 -12 minutes. In a medium sized skillet over medium heat, add the butter, onions, red pepper, garlic salt, salt and pepper and cook until the onions are brown in color.

Using a fork, scrape the insides of the squash and transfer to a small bowl. Mix the squash, onions, sour cream and half the cheese together and mix well. Transfer the mixture to a buttered baking dish and top with remaining cheese.

Place into a 375° for 20-25 minutes. Put on broil in the last minute until golden brown on top