

Spaghetti Squash Casserole

What you'll need:

1 medium spaghetti squash

1 medium sweet onion, diced

1-2 garlic cloves, diced

A handful of rosemary

1 cup low fat Greek yogurt

[1/4 cup chicken or vegetable stock](#)

1/2 cup cheese

Preheat your oven to 375. Cut your squash in half and scoop out the seeds. Then bake it, "meat" side down, for about 30 minutes. The inside will be very tender and you can scrape out the squash with a fork, set aside.

In a skillet warm your chicken stock. Add in your onions and rosemary and garlic. Cook until your onions are translucent.

Add your onion mixture to your spaghetti squash in a casserole dish or 9 by 13 pan. Add in your yogurt and cheese.

I set aside a little extra cheese for a topping.

Bake at 375 for 20 minutes.