

Spaghetti Squash Gratins

Servings: 2

From

<http://www.myrecipes.com/recipe/spaghetti-squash-gratins-with-chunky-tomato-sauce-10000001134082/>

Ingredients

1 small spaghetti squash
1/2 tsp olive oil
1/2 tsp minced garlic
1/4 tsp salt
1/4 tsp pepper
1/8 tsp crushed red pepper
14.5 oz can whole tomatoes, drained and chopped
1/4 tsp dried thyme
1/4 tsp dried oregano
2 Tbsp grated Parmesan cheese
1/4 cup fat-free ricotta cheese
2 Tbsp chopped fresh parsley

Preparation

- 1) Preheat oven to 400 degrees.
- 2) Cut the squash in half lengthwise, scoop out the seeds and fibers with a spoon. Place in a small amount of water in the bottom of a microwave safe dish. Place the spaghetti squash cut side down in the dish and microwave for 8-9 minutes. Use a fork to scrape squash into strands in shell and keep warm.
- 3) Meanwhile, heat olive oil in a large saucepan over medium heat. Add garlic; cook 2 minutes, stirring frequently. Add salt and next 5 ingredients; bring to a boil. Reduce heat, and simmer for 20 minutes or until thickened, stirring occasionally.
- 4) Combine Parmesan and ricotta cheeses. Spoon tomato sauce evenly over squash; divide ricotta mixture among each spaghetti squash spreading to cover. Bake at 400 degrees for 20-30 minutes or until lightly browned. Sprinkle with fresh parsley and serve.