

Spaghetti-Squash Casserole

Ingredients

1 Medium Spaghetti Squash (about 8 inches)
1 Cup Water
1 Tablespoon Butter or Margarine
1 Cup Chopped Onion
2 Garlic Cloves, minced
1/2 Pound Fresh Mushrooms, sliced
1 Teaspoon Dried Basil
1/2 Teaspoon Dried Oregano
1/4 Teaspoon Dried Thyme
1/2 Teaspoon Salt
1/4 Teaspoon Pepper
2 Fresh Tomatoes, diced
1 Cup Ricotta or Cottage Cheese
1 Cup (4 Oz.) Shredded Mozzarella Cheese
1/4 Cup Finely Chopped Parsley
1 Cup Dried Bread Crumbs
1/4 Cup Grated Parmesan Cheese

Directions

Slice the squash in half lengthwise and scoop out the seeds. Place squash, cut side down, in a baking dish. Add water and cover tightly with foil. Bake at 375 degrees for 20-30 minutes or until easily pierced with a fork. Meanwhile, melt butter in skillet. Add the onion, garlic, mushrooms, herbs and seasonings; sauté until onion is clear. Add the tomatoes; cook until most of the liquid has evaporated. Set aside. Scoop out the squash, separating strands with a fork. Combine squash, tomato mixture and all remaining ingredients except Parmesan cheese. Pour into a greased 2-quart casserole. Sprinkle with Parmesan cheese. Bake, uncovered, at 375 degrees for 40 minutes or until heated through and top is golden brown. Yields 6 servings.