

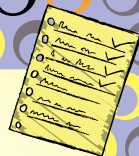
From the kitchen of

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MIDWEST
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Recipe: Spaghetti Squash Au Gratin



Ingredients:

1 medium spaghetti squash

2 Tbsp butter

1 small yellow onion, cut in half and very thinly sliced

¼ tsp red pepper flakes, or more if you like it spicy

1 tsp fresh thyme

½ cup sour cream

½ cup shredded cheddar cheese

Directions:

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

Using a fork, scrape the insides of the squash and transfer to a small bowl. Combine 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° oven for 15 – 20 minutes until golden brown on top.

Serves 6

