



Spaghetti Squash Italiano

Makes: 4 servings

Prep Time: 15 minutes Cook Time: 45 minutes

Total Time: 1 hour

Ingredients

- 1 medium spaghetti squash, halved lengthwise
- 2 tbsp extra-virgin olive oil
- 1 clove garlic, crushed
- 4 ounces sliced mushrooms
- 2/3 cup diced onions (about 1/2 medium onion)
- 1 cup shredded zucchini (about 1 medium), squeezed dry
- 2 ounces grated white cheddar cheese (1 cup)
- 1/2 cup tomato sauce
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 2 ounces fontina, grated
- 1/4 cup Parmesan cheese, grated

Instructions

Place squash halves, cut side down, in a microwaveable baking dish. Add 1/4 cup water and cover with a lid. (Note: If you don't have a lid, you can cover with plastic wrap,. Not everyone wants to use plastic wrap in the microwave, however.). You can microwave one half at a time if you don't have a big enough dish. Microwave on high for 8-10 minutes or until tender enough to flake into strands with a fork. Carefully remove from the microwave and when cool enough, use a fork to separate the shell from the strands of squash and transfer the squash to a large bowl.

Preheat the oven to 400°F. Heat a medium skillet over medium-high heat and add olive oil. Sauté the mushrooms and garlic for 3 minutes and then add the onions, salt and pepper. Continue to sauté for 3 more minutes. Remove mushrooms and onions from skillet and transfer to bowl with squash.

Add zucchini, cheddar cheese, tomato sauce, salt and pepper and mix well. Transfer mixture to a 3-quart or 8x8-inch baking dish and spread out. Top with fontina and parmesan cheeses. Bake for 30 minutes. If desired, brown the top by turning on the broiler for a minute or two. Serve hot!