



Spaghetti Squash Au Gratin

Tastes like Hash Brown Casserole without all the calories and carbs

- 1 medium spaghetti squash
- 2 tablespoons butter
- 1 small yellow onion, cut in half and very thinly sliced
- ¼ teaspoon red pepper flakes, or more if you like it spicy
- 1 teaspoon fresh thyme
- ½ cup sour cream
- ½ cup shredded cheddar cheese

Cut the spaghetti squash in half and remove the seeds. Place in a covered dish with a 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° for 15 – 20 minutes until golden brown on top.

[Shirley Cole Ward](#) shared [Tricia L Mayo-Curtis's photo](#).