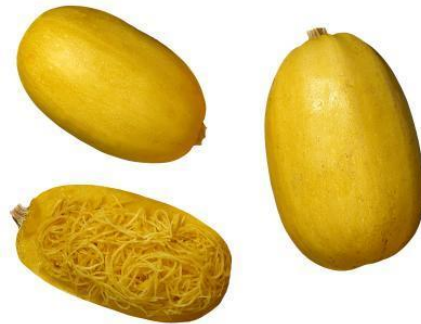


Spaghetti Squash



Spaghetti squash is an excellent source of many essential nutrients, including folic acid, potassium, vitamin A, and beta carotene. It is low in calories, averaging 42 calories per 1-cup serving. The seeds can be roasted, similar to pumpkin seeds!

Spaghetti Squash and Collard Gratin

Serves 6

Prep Time: 20 minutes

Cook Time: 35 minutes

Ingredients

1 large spaghetti squash, prepared

1 large red onion, diced small

1/2 teaspoon dried thyme

1 tablespoon garlic, minced

2 tablespoons green onion, sliced

2 eggs, beaten

1/2 cup coarsely grated Parmesan cheese (optional)

1 tablespoon olive oil

1/2 teaspoon salt

fresh ground black pepper to taste

5-6 cups chopped collard leaves

3/4 cup low fat cottage cheese

Directions

1. Heat olive oil in heavy frying pan, add chopped onions, season with salt, thyme, and pepper, and sauté until onion is softened, about 2-3 minutes. Add minced garlic and cook about 1 minute more, then add chopped collards all at once. Cook collards about 1-2 minutes, turning a few times until it's wilted to about half the size it was. Turn off heat.

2. Put cottage cheese in a fine strainer and rinse with cold water until only the cheese curds remain, then let drain. Spray a glass or ceramic casserole dish with non-stick spray or olive oil.

3. Using a large fork, gently mix the green onion and shredded spaghetti squash into the onion/collard mixture. Combine the drained cottage cheese curds and beaten egg and mix into the chard/spaghetti squash mixture. Then put the combined ingredients into the gratin dish, and press down so it's evenly distributed in the dish. Sprinkle top with Parmesan cheese if desired.

4. Bake about 30-35 minutes, or until the mixture is bubbling and browned on top. Serve hot.