

Spaghetti Squash Au Gratin

1 medium spaghetti squash

2 tablespoons butter

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

1/4 teaspoon red pepper flakes, or more if you like spicy

1 teaspoon fresh thyme

1/2 cup plain yogurt

1/2 cup shredded cheddar cheese

Directions:

Cut spaghetti squash in half and remove the seeds. Place in a covered dish, face down, with 1/4 inch of water and microwave for 10-12 minutes. In a medium skillet over medium heat, add 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 into a small bowl. Combine the squash, onions, yogurt and half the cheese together and mix well. Transfer the mixture to a buttered baking dish and top with the remaining cheese.

Bake at 375° for 15 - 20 minutes or until golden brown on top.