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Spaghetti Squash Casserole

SUBMITTED BY: Nicole

"I got this recipe from my Aunt. This is a quick and tasty way to prepare spaghetti squash."



Original recipe yield:
6 servings

PREP TIME 20 Min
COOK TIME 1 Hr
READY IN 1 Hr 30 Min

PHOTO BY: kimberly



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INGREDIENTS

- 3 pounds spaghetti squash, halved lengthwise and seeded
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (8 ounce) can sliced mushrooms
- 1 teaspoon dried basil
- 3/4 cup sour cream
- 1/4 cup freshly grated Parmesan cheese
- 3 slices bread, cubed

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Cook squash on a baking sheet in the preheated oven for 40 minutes, or until tender. Shred with a fork once cooled slightly, then transfer to a lightly oiled casserole dish, discarding shell. Do not turn off the oven.
3. Heat 1 tablespoon of oil in a skillet over medium heat. Cook and stir the onions, mushrooms, and basil until onions are translucent and tender. Stir onion mixture

NUTRITION INFORMATION

Servings Per Recipe: 6

Amount Per Serving

Calories: 212

Total Fat: 10.7g

Cholesterol: 16mg

Sodium: 360mg

Total Carbs: 25.7g

Dietary Fiber: 4.7g

Protein: 6.1g

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and sour cream into the squash until well mixed. Sprinkle with Parmesan cheese and cover with bread cubes.

- Bake in the preheated oven for 15 minutes, or until warmed through and top is lightly browned and toasted. Enjoy!

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DATE POSTED:
3/22/2005

SUBMITTED BY: MEGSAMERE

I only gave this 4 stars because I doctored the recipe, but it came out great! To speed up the cooking process, cook squash in microwave, cut-side down in 1/2 in. of water for about 10 minutes. I sauteed fresh mushrooms and fresh spinach with the onion, and added some minced garlic, seasoned salt and pepper. I mixed mozzarella cheese in with the squash (about 3/4 c) and added a few dashes of hot sauce. Instead of bread cubes, I used homemade whole wheat garlic croutons. It was delicious with unique flavoring!

10 users found this review helpful



DATE POSTED:
10/15/2004

SUBMITTED BY: ARIKA

This is so good. I sauted an 8 oz package of fresh mushrooms that quartered. I also added a 9 oz package of frozen spinach (defrosted and drained), and skipped the basil. I seasoned with kosher salt, pepper and a dash of nutmeg(goes great with spinach). Last but no least I made garlic croutons to go with the fresh parmesan for the topping and it came out perfect. What a great way to prepare spaghetti squash as with the previos reviewer I also had one sitting on my counter waiting to be used.

5 users found this review helpful



DATE POSTED:
11/23/2004

SUBMITTED BY: BandE

Pretty good recipe, though I'm more partial to a cheesier casserole, with tomato sauce. The bread cubes toasted on top add a nice touch; try substituting flavored croutons for more bang.

4 users found this review helpful

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