

## Spaghetti Squash Casserole

By Marla Koss

1 medium-sized spaghetti squash

5 oz. package of goat cheese (a few more ounces is even better, if you have a larger package)

1 large yellow onion, chopped

2-3 Tbsp. oil

2 cloves fresh garlic, minced or chopped

Chopped fresh or dried herbs of your choice

Salt and course-ground pepper to taste

Preheat the oven to 350°.

Wash and pat dry the squash. Slice off both ends and cut the squash in half lengthwise. Scoop out the seeds and loose stringy stuff (a melon-baller works wonders here).

Place the squash halves face-down in a lightly-greased roasting pan or pyrex dish. Add about a ½ cup of water and roast uncovered until a fork slides easily into the squash when it's turned right-side up.

Meanwhile, sauté a chopped onion in the oil and a splash of water until caramelized, about 20 minutes.

When the squash is done and the flesh easily scrapes out of the shell, pile it into a bowl and break it up into spaghetti-like strings with two forks. Stir in the caramelized onion, minced garlic, chopped herbs, pepper and salt. Add the goat cheese, broken up, and stir to distribute as it melts.

Either microwave or bake in a casserole dish until hot. Serve either hot or lukewarm.

Note: This casserole makes a hearty meatless meal when served over hot angel hair pasta and topped with a fried eggs, freshly-ground pepper and a little Parmesan cheese.