

Spaghetti Squash Casserole  
From the kitchen of [Delicious Orchards](#)  
Colts Neck, NJ

1-8" Spaghetti squash  
1 cup chopped onion  
2 medium cloves garlic, crushed  
2 fresh tomatoes (medium sized)  
½ lb. sliced mushrooms  
½ teaspoon oregano  
Salt and pepper  
1 cup cottage or ricotta cheese  
1 cup grated mozzarella cheese  
¼ cup chopped parsley  
1 teaspoon basil  
Dash of thyme  
1 cup fine bread crumbs\*  
Butter for sauté\*  
Parmesan cheese for the top

Preheat oven to 375°. Slice the squash in half lengthwise and scoop out the seeds. Bake it, face down, on a buttered tray for 30 to 40 minutes, or until pierced by a fork.

While the squash bakes, sauté the onions and garlic with salt, pepper, mushrooms and herbs. When onions are soft, add freshly chopped tomatoes, cook until most of the liquid evaporates. When the squash has cooled, scoop out the strands using a fork, which will form into spaghetti strands.

Combine the squash strands and the rest of the ingredients. Pour into a buttered 2-quart casserole dish. Top with lots of grated Parmesan. Bake at 375°, uncovered for approximately 40 minutes or until it bubbles.

\*For my preparation, I used whole milk ricotta cheese. In place of Parmesan, I used Pecorino Romano, which has a nice tang. I topped the casserole with leftover grated Fontina cheese. I omitted the thyme and breadcrumbs. It made for a wonderful baked "pasta" meal.