

SPAGHETTI SQUASH CASSEROLE

1 spaghetti squash
1 T olive oil
1 medium onion, chopped
3 cloves garlic, minced
2 eggs lightly beaten
2 egg whites, lightly beaten
salt & pepper to taste
lots of misc herbs to taste

Preheat oven to 375. Lightly coat a casserole dish.

Bake spaghetti squash, let cool and shred.

In a skillet, heat olive oil. Add onion and garlic; cook about 5 minutes until onion starts to brown.

Add onion mixture, eggs, egg whites, salt, pepper & herbs to shredded squash. Stir with wooden spoon. Pour squash mixture into prepared casserole dish. Bake about 35 minutes or until set near the center. Cool for 15 minutes on a wire rack. Serve warm.