

Spaghetti Squash Au Gratin



Discover our mouthwatering recipe for Baked Cheesy Spaghetti Squash. This delightful dish combines the natural sweetness of spaghetti squash with gooey melted cheese, creating a satisfying and flavorful gratin that will leave you craving more. Ideal after workout !

Preparation 20 min

Cooking 20 min

Servings 2

Nutrition Facts (per serving)

Calories 480

Fat 25

Carbohydrates 35

Fibre 9

Protein 35

Ingredients

- 1 small spaghetti squash 1 clove garlic minced
- 1/2 diced onion
- About 1/2 broccoli
- 125 ml (1/2 cup) sliced mushrooms
- 175 ml (3/4 cup) green pepper, diced
- About 6 dried tomatoes, chopped

- 1/2 block (250g) of tofu or tempeh, cut into cubes (you can also put chicken or cooked shrimp)
- 5 ml (1 tsp) chili powder
- 2.5 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried herbs (basil, oregano, thyme, rosemary etc.)
- 15 ml (1 tbsp) Dijon mustard
- Salt and pepper to taste
- Cheese for baking (optional)

Preparation

1. Preheat the oven to broil.
2. Make small slits in the squash and cook in the microwave for 2 minutes to soften.
3. Cut the squash in half lengthwise and return to the microwave for about 5 to 7 minutes or until it is fraying with a fork (start with 1 to 2 minutes and check before put it back in the microwave for another 2 minutes).
4. In a nonstick skillet over medium heat, heat 1 tsp. oil and sauté garlic and onion in for 2 minutes. Add the vegetables, tofu and spices and cook for about 7 minutes, stirring occasionally.
5. Add salt and pepper and remove from heat.
6. Shred the spaghetti squash with a fork and transfer the contents to a large bowl.
7. Add the Dijon mustard, tofu and cooked vegetables to the frayed squash and mix.
8. Fill the spaghetti squash with all the preparation.
9. Spread the grated cheese on the squash and put in the oven for 3 to 5 minutes or until the cheese is lightly grilled.
10. Serve and enjoy!

Notes



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