

## Dinner

## Spaghetti Squash Gratin

### Ingredients:

- 1 large spaghetti squash (about 3 1/2 pounds)
- 1 1/2 tablespoons olive oil, divided
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 2 slices whole grain bread (3 ounces), pulsed in the food processor to make crumbs (1 1/2 cups)
- 2 cups cold 1% milk
- 1/4 cup whole wheat pastry flour or all-purpose flour
- 1 clove garlic, smashed
- 1 sprig fresh rosemary



- 3/4 cup, lightly packed, grated Gruyere cheese (3 ounces)
- 2/3 cup grated parmesan cheese (2 ounces), divided
- Pinch ground nutmeg

## Directions:

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1. Preheat oven to 400°F.
2. Halve the spaghetti squash lengthwise and scoop out the seeds. Brush the cut sides with 1/2 tablespoon of the oil total and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper.
3. Line a rimmed baking sheet with foil and place the squash on it, cut side down. Bake until the squash can be easily pierced with a fork or metal skewer, 40 minutes. Remove the squash from the oven, and flip it so the cut side faces upward. Allow it to cool until easy to handle, 10 to 15 minutes.
4. Meanwhile, spray one 9 x 13 inch baking dish or two 8 inch square baking dishes with cooking spray. In a small bowl, toss the bread crumbs with the remaining 1 tablespoon oil.
5. Once cooled, scoop the spaghetti squash from its shell back onto the foil lined baking sheet or into a bowl. Fluff it with fork to separate the strands of squash, and toss with 1/4 teaspoon of the salt. Transfer it to the prepared baking dish(es) and set aside.