

Spaghetti squash gratin

MAIN DISHES

Preparation time: 1 hour

Baking time: 30 minutes

Yield: 6 servings

Ingredients	Amount		Method
	Metric	Imperial	
Spaghetti squash	1	1	Preheat oven to 350°F (180°C). Cut squash in half, remove as many seeds as possible, place halves in a baking pan, cover with aluminum foil and bake about 1 hour. In the meantime, prepare meat sauce. Sauté onion in oil, add garlic and ground beef. Cook 5 minutes, until meat is no longer pink. Add tomatoes, tomato paste and seasonings and cook about 30 minutes over medium heat. In another saucepan, make white sauce. Melt butter, add flour and cook 1 minute. Whisk in milk and nutmeg and cook 7 to 10 minutes, stirring constantly until thickened. Set aside 2 cups (500 ml) of this white sauce. Remove pan from heat and stir in grated cheese. In small bowl, beat eggs and add reserved white sauce, then whisk in cheese sauce. Once squash is cooked, remove flesh (it will shred with a fork easily) and stir in white sauce and cheese mixture. Place half of squash mixture in a 3-litre ovenproof dish. Top with meat sauce and then remaining squash mixture. Stir together Parmesan cheese and bread crumbs and sprinkle over top. Bake about 30 minutes. Let stand 15 minutes before serving.
Meat sauce			
Olive oil	15 ml	1 Tbsp.	
Onion, minced	1	1	
Garlic cloves, minced	2	2	
Lean ground beef	500 g	1 lb.	
Tomatoes, diced	750 ml	3 cups	
Tomato paste	30 ml	2 Tbsp.	
Oregano	7 ml	1½ tsp.	
Cinnamon	5 ml	1 tsp.	
Cayenne pepper	1 ml	¼ tsp.	
Salt and pepper	To taste		
White sauce			
Butter	75 ml	5 Tbsp.	
Flour	75 ml	5 Tbsp.	
Milk	1.25 l	5 cups	
Nutmeg	1 ml	¼ tsp.	
Eggs	2	2	
Grated Cheddar* cheese	500 ml	2 cups	
Topping			
Parmesan cheese	125 ml	½ cup	
Bread crumbs	125 ml	½ cup	

* You can use medium or old Cheddar, or Gouda, Oka, Colby, farmer or any favourite firm cheese.