

SPAGHETTI SQUASH BRUNCH CASSEROLE

INGREDIENTS

- 1 spaghetti Squash, cooked and shredded
- 1 cup fresh Parmesan
- 1 bundle Green onions, chopped
- 2 tsp oregano flakes
- 1 tsp red pepper flakes
- 3-4 garlic cloves, minced
- 2-3 vine tomatoes, sliced
- ½ cup sundried tomatoes, diced

DIRECTIONS

1. Preheat oven to 400C
2. Cut the spaghetti squash in half and place flesh side down into a glass oven safe dish
3. Fill dish with water so the squash is in around ¼ - ½ inch of water
4. Bake squash for 45minutes – 1 hour
5. Reduce heat to 350C
6. Remove from oven and using a fork scrape squash to form the stringy spaghetti looking squash noodles
7. Place in bowl and put aside to allow excess water to drain off and to cool. It is important to allow any excess water to drain off or it will make the casserole difficult to hold together.
8. Take half the squash or just enough to cover a square baking pan and make a nice thin layer of squash. Ensure that you don't make it too thick or again it won't hold well
9. Sprinkle the squash with about ½ cup of fresh parmesan cheese, making sure some gets into the squash.
10. Top this layer with sliced vine tomatoes, 1 tomato sliced should be enough for 1 layer
11. On top of the tomato's add a layer consisting of ¼ cup sundried tomato's and ½ of the green onion bundle chopped and chopped garlic
12. Top this layer with 1 tsp of oregano and any other herbs you prefer
13. Following the herbs add a 2nd layer of spaghetti squash, again followed by parmesan, tomatoes, onion/tomato mix, herbs and end with 1 tsp red pepper flakes if you want a bit of spice!
14. Bake for 15-20 minutes at 350C
15. Allow casserole to cool for 5-10 minutes before serving.

