Ingredients

Spaghetti Squash Casserole:
2-3lb. Spaghetti Squash
2 tsp Grapeseed Oil
1 Zucchini, grated
½ cup Caramelized Onions
1 cup Tomato Sauce
Pinch Salt
Pinch Fresh Ground Black Pepper
6oz Mozzarella Cheese, grated
½ cup Parmigiano-Reggiano Cheese, grated

Caramelized Onions:
1 tbsp Expeller-Pressed Canola Oil
3 Large Onions, thinly sliced

Tomato Sauce:
1 tbsp Extra-Virgin Olive Oil
3 Garlic Cloves, minced
28oz can San Marzano Tomatoes, chopped with juice
1 tsp Salt
¼ tsp Allspice
Pinch Freshly Ground Black Pepper
2 tbsp Fresh Basil, chopped
1 tbsp Fresh Oregano Leaves

Directions

Caramelized Onions:

1. Heat the canola oil in a large, nonstick skillet over low heat. Add the onions and cook for 30 minutes, stirring often, until they are soft and brown. Let cool, and then store in a lidded container in the refrigerator for up to 3 days.

Tomato Sauce:

1. Heat the oil in a sauce pan over medium heat. Add the garlic, reduce heat to low and cook for 2 minutes, stirring constantly. Add the tomatoes, salt, allspice, pepper, basil and oregano. Bring to a simmer and simmer for 20 minutes.
2. Allow the sauce to cool for 20 minutes, then transfer to a blender. Hold the lid down firmly with a clean, folded towel over it. Start on low speed and blend until it is a smooth sauce.
3. Transfer to a lidded container and refrigerate for up to 5 days, or freeze for up to 3 months.

Spaghetti Squash Casserole:

1. Preheat the oven to 350 degrees.
2. Cut squash in half and scoop out seeds. Rub oil on inside of squash, season with salt & pepper and place cut side down on lined sheet pans. Roast in 350-degree oven for approx. 90 minutes, until squash is tender all the way through.
3. Let the squash cool, then cut it in half lengthwise and scoop out the seeds with a spoon. Scoop out the flesh into a large bowl. Add the grated zucchini, onions and tomato sauce. Season with salt and pepper.
4. Spoon the mixture into a 3-quart shallow baking pan. Bake for 40 to 45 minutes.
5. Remove the baking pan from the oven and turn the oven to broil.
6. Top the vegetables with the grated cheeses and place under the broiler until golden brown, about 5 minutes.
7. Let sit for 5 to 10 minutes before serving.