

# Spaghetti Squash and Chard Gratin

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-sour-cream-dip-recipe>

## Ingredients:

- 1 spaghetti squash large, mine was 2.5 lbs
- 1 tablespoon olive oil
- all purpose seasoning
- 2 teaspoons rub
- 1 onion large, diced small
- 1/2 teaspoon Spike Seasoning optional but good
- 1/2 teaspoon dried leaf thyme
- black ground pepper fresh, to taste
- 1 tablespoon minced garlic or less
- 16 ounces chard chopped, leaves, about 5-6 cups chopped chard, you could also use other greens like spinach, collards, or kale. The co...
- 2 tablespoons chopped fresh chives finely, or sliced green onion
- 1/2 cup low-fat sour cream don't use fat free
- 3/4 cup curds low fat cottage cheese, put the cottage cheese in a fine strainer and rinse with cold water to get the cheese curds
- 1/4 cup gratin
- 1/2 cup grated Parmesan cheese
- 1 eggs beaten

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 60 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams

8. Sodium: 410 milligrams
  9. Sugar: 2 grams
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