Spaghetti Squash Pie

4-5 servings

INGREDIENTS

3-1/2 c. cooked spaghetti squash
2 Tbs. real butter, melted
1-1/3 c. freshly grated Parmesan cheese, *divided*
3 eggs
1/2 c. homemade SCD yogurt
2 green onions, finely chopped
1 lb. legal ground meat of choice
1 onion, chopped
1 bell pepper, chopped
2 tsp. minced garlic
1 c. tomatoes, diced
1 c. legal tomato juice
1 tsp. EACH; honey, oregano, basil

DIRECTIONS

1. Pre-heat oven to 350 degrees. Stir melted butter into spaghetti squash. Stir in 1/3 c. Parmesan cheese and 2 of the eggs, well beaten.
2. Form squash mixture into a "crust" in a well buttered 10-inch pie plate.
3. Combine yogurt, remaining egg, well beaten, green onions, 1/2 tsp. **salt**, and 1/2 c. Parmesan cheese. Spread over bottom of squash crust.
4. In a skillet, cook ground meat, onion, bell pepper, and garlic until browned. Stir in tomatoes, tomato juice, honey, oregano, basil, and 1 tsp. **salt**.
5. Bring to a boil, then simmer 5-8 minutes, until thickened. Pour meat mixture over yogurt mixture.
6. Bake pie uncovered for 35 minutes. Sprinkle the remaining 1/2 c. cheese on top and bake 5 minutes longer, or until cheese melts.

NOTES

To cook a spaghetti squash, cut thin slices off top and bottom, then cut down sides to make 2 halves. De-seed. Boil or microwave on high for 12 minutes, remove and cool slightly. Remove strands with a fork.