Spaghetti Squash with Lemon Cream Sauce

1 spaghetti squash, halved crosswise

3 Tablespoons butter

6 fresh thyme sprigs

1/4 cup fresh sage

2 Tablespoon pumpkin seeds

1 clove garlic, minced

1 cup half and half (or heavy cream)

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 cup fresh parsley, chopped

1 teaspoon lemon zest + 2 Tablespoons lemon juice

Parmesan cheese

Season squash with salt and pepper and place in a 9x13" baking dish, cut sides down.

Add 3/4 cup water and thyme to pan and bake 35-45 minutes at 400.

Let cool.  Scrape squash with fork to create strands.

Return squash to baking dish and toss in remaining liquid.  Transfer to a bowl.

Melt butter in skillet.  Add sage and pumpkin seeds. Cook 1-2 minutes.

Remove pan from heat.  Transfer 1/2 of seeds and sage to paper towel.

Add garlic, cream, salt and pepper to skillet.  Bring to a boil.

Add squash and cook while tossing gently 2-4 minutes.

Sprinkle with parsley and reserved seeds and sage.  Serve with cheese.