

# Mediterranean Spaghetti Squash "Pasta"

*This recipe is loaded with flavor and filled with seasonal produce that makes for a nutritious veggie-packed meal!*

<b>YIELD</b> <b>3 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

2 lb.	Spaghetti Squash (about 2 ½ cups cooked and shredded)
2 Tbsp	Extra Virgin Olive Oil, <u>divided</u>
1-2 each	Garlic Cloves, minced
1 Tbsp	Rosemary, minced (or 1/2 tsp dried)
½ cup	Chickpeas, canned, low sodium, drained and rinsed
4 cups	Kale, chopped into bite size pieces
1 each	Lemon, juiced
½ cup	Cherry Tomatoes (halved)
1 Tbsp	Parmesan Cheese grated
1/4 cup	Pine Nuts, toasted
1/4 tsp	Kosher Salt
To Taste	Black Pepper, freshly ground

## CHEF'S NOTES

Feel free to make substitutions to this recipe! You can replace the kale with spinach. You could also replace the pine nuts with slivered almonds or sunflower seeds. A little feta cheese or olives would also be a delicious addition.

Spaghetti squash gets its name because the cooked flesh resembled noodles when scraped away from the skin. This squash is a low calorie seasonal vegetable that is packed with fiber, vitamins, and minerals.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. Cut spaghetti squash in half lengthwise and scoop out the seeds. Drizzle the inside with 1 Tbsp of the olive oil and sprinkle with ¼ tsp salt and a few grinds of pepper. Place the squash on a baking sheet cut side down and poke a few holes in skin with a fork.
3. Roast the spaghetti squash in the preheated oven until the skin is easily pierced with a paring knife and the squash is tender, about 35 min. Set aside until cool enough to handle. Use a fork to scrape the strands out into a bowl.
4. Heat a large skillet over medium heat then add the remaining 1 Tbsp olive oil and the garlic and rosemary, stirring to cook for about 30 seconds.
5. Add the chickpeas and cook until golden brown, about 2 minutes. Add the chopped kale, cherry tomatoes, remaining ¼ tsp salt and pepper to taste, cooking until the kale is wilted and the tomatoes have released their juices, about 4 minutes.

6. Add the reserved squash strands and stir to combine and heat through. Remove from the heat and add the pine nuts and parmesan cheese. Enjoy!

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving Size</b>	<b>1.5 cups (243 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value *</b>	
<b>Total Fat 19g</b>	<b>24%</b>
Saturated Fat 2.5g	<b>11%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 21g</b>	<b>8%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 6g</b>	<b>12%</b>
Vitamin D 0.01mcg	0%
Calcium 100mg	7%
Iron 2mg	10%
Potassium 400mg	9%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

