

Mediterranean Spaghetti Squash "Pasta"

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

YIELD 3 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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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!

Nutrition Facts	
3 servings per container	
Serving Size	1.5 cups (243 g)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	12%
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>	

