



SPAGHETTI SQUASH WITH CHICKPEAS AND KALE

Makes 2 to 3 servings

INGREDIENTS

- 1 spaghetti squash
- 2-3 tablespoons extra-virgin olive oil
- 1 shallot, sliced thinly
- 1 whole garlic clove
- 1/2 tablespoon minced fresh rosemary
- Pinch of chile flakes
- 1/2 cup canned chickpeas, drained and rinsed
- 2 (packed) cups chopped kale leaves
- 1 tablespoon lemon juice
- 1/4 cup chopped sun-dried tomatoes
- 1/4 cup toasted pine nuts
- Sea salt and freshly ground black pepper
- Freshly grated Parmesan cheese (optional)

INSTRUCTIONS

To prepare the spaghetti squash, preheat the oven to 400 ° F and line a large, rimmed baking sheet with parchment paper for easy clean-up.

Use a very sharp chef's knife to cut off the tip-top and very bottom ends of the spaghetti squash. Stand the squash upright on a stable surface and carefully slice through it from top to bottom to divide it in half.

Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.

Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork. Small squash will be done sooner than large squash.

Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.



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INSTRUCTIONS

In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the shallots, the whole garlic clove (we'll remove it later), rosemary, chile flakes, and pinches of salt and pepper.

Once the shallot starts to soften add the chickpeas and cook for a few minutes until lightly golden brown. Remove the garlic clove, add the kale and lemon juice, and stir.

Once the kale is partially wilted, add the squash strands, the sun-dried tomatoes, a little grated Parmesan, and more salt and pepper, to taste. Toss to incorporate. Remove from heat and top with toasted pine nuts and extra grated cheese.