

Spaghetti Squash with Kale & Sundried Tomatoes

adapted from Love & Lemons

This dish can be made with chick peas for additional protein or without for those who are not having beans. Either way is delicious.

4 servings

Gluten Free, Dairy Free, Vegan

1 spaghetti squash
2 Tb olive oil
1 shallot, sliced thinly
2 cloves garlic, minced
½ Tb minced fresh rosemary
pinch of chili flakes
½ cup chickpeas, drained and rinsed (optional)
4 cups (packed) chopped kale leaves, (remove all stems)
1 Tb lemon juice
¼ cup chopped sun dried tomatoes (or capers or olives)
¼ cup toasted pine nuts
Celtic sea salt & pepper

- Preheat oven to 375 degrees.
- Slice your squash in half lengthwise. Scoop out the seeds and pulp from the middle. Place the squash on a baking sheet, cut side up. Rub the inside with olive oil and sprinkle with salt and pepper. Roast for about 1 hour or until the flesh is tender and you can scrape noodle-like strands with a fork. (If your squash is difficult to cut, roast it whole for the first 20 minutes until it softens a bit, then cut and continue).
- Remove squash from the oven, let it cool slightly and use a fork to scrape the squash into strands. You should have about 4 cups, set aside.
- Heat a large skillet heat, add 1 Tb of olive oil then shallots, garlic, rosemary chili flakes, salt and pepper.
- Sauté on medium low until the shallots start to soften.
- Add the chick peas (if using) and cook for a few minutes until they turn lightly golden brown.
- If not using the chick peas, add the kale leaves stir.
- Once the kale is partially wilted, add the squash strands and sundried tomatoes.

- Sauté until kale is tender, about 3 minutes. Add another tablespoon of olive oil if it gets dry.
- Taste for additional salt and pepper.
- Remove from the heat and top with toasted pine nuts