

# Spaghetti Squash with Kale and Sundried Tomatoes

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 chile flakes  
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 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.