



Roasted Spaghetti Squash with Chickpeas and Greens

Ingredients

- 1 spaghetti squash
- 1 to 2 tablespoons extra-virgin olive oil
- ½ onion, sliced thinly
- ½ red bell pepper, diced
- 1 whole garlic clove
- ½ tsp dried rosemary
- Pinch of chile flakes
- ½ cup chickpeas, cooked drained and rinsed
- 2 (packed) cups chopped kale and spinach mix
- 1 tablespoon lemon juice
- Sea salt and freshly ground black pepper
- Freshly grated Parmesan cheese (optional)



Cooking Instructions

1. Preheat the oven to 400F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes.
4. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.
5. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
6. In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the onion, bell pepper, the whole garlic clove (we'll remove it later), rosemary, chile flakes, and pinches of salt and pepper.
7. Once the onion and pepper start to soften add the chickpeas and cook for a few minutes until lightly golden brown. Remove the garlic clove, add the kale and spinach and lemon juice, and stir.
8. Once the kale is partially wilted, add the squash strands, a little grated Parmesan, and more salt and pepper, to taste. Toss to incorporate. Remove from heat and top with extra grated cheese.

PREP TIME 15 mins

COOK TIME 1 hr

TOTAL TIME 1 hr 15 mins

Roasted Red Peppers with Italian Rice and Kale

Ingredients

- 3 medium red bell peppers
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Filling

- 8 ounces kale, (6 cups lightly packed), trimmed
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1/2 cup chopped red bell pepper
- 2 cloves garlic, minced
- 3/4 cup cooked short-grain brown rice, (see Tip)
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup toasted pine nuts, divided (optional)
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Directions:

To prepare peppers: Preheat oven to 400 degrees F. Halve peppers lengthwise through the stems, leaving them attached. Remove the seeds. Lightly brush the peppers outside and inside with oil; sprinkle the insides with salt and pepper. Place, cut-side down, in a 9-by-13-inch baking dish. Bake until peppers are just tender, 10 to 15 minutes. Let cool slightly. Turn cut-side up.

To prepare filling:

1. Bring 2 cups salted water to a boil in a large wide pan. Stir in kale, cover and cook until tender, 10 to 12 minutes. Drain, rinse under cold water; squeeze dry. Finely chop.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and chopped bell pepper; cook, stirring often, until onion is golden, 6 to 8 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in the kale. Remove from the heat and let cool slightly. Stir in rice, Parmesan, 2 tablespoons pine nuts (optional), and lemon juice. Season with salt and pepper. Divide the filling among the pepper halves. Sprinkle with the remaining 2 tablespoons pine nuts.
3. Add 2 tablespoons of water to the baking dish. Cover the peppers with foil and bake until heated through 15 to 20 minutes. Uncover and bake for 5 minutes more.

