

Spaghetti Squash

Spaghetti squash is a winter squash famous for its noodle like texture. It does not taste like spaghetti but you can twirl your fork in it and end up with squash that has a texture like angel hair pasta. The flavor is very light and delicate and does great with a robust sauce on top.

Store spaghetti squash just like all winter squash. It will be happy on your counter top or in your pantry out of direct sunlight until you are ready to eat it.

Basic Baked Spaghetti Squash

Bake it just like all other winter squash.

Cut in half and remove seeds. Place skin side up, flesh down in a baking dish. Put water in the dish, about a half inch deep. Bake at 350 degrees for 1 hour.

Spaghetti Squash Boats

Bake the squash using the basic recipe above.

Place baked squash on a baking sheet with the flesh side up, skin side down. Fill the “boat” with hot marinara sauce and cover with cheese. Bake until cheese is bubbly and hot. Serve!

You can get creative and mix in sausage, kale, basil, fennel or anything else that sounds yummy!

Spaghetti Squash with Chickpeas and Kale

1 spaghetti squash

1 to 2 tablespoons extra-virgin olive oil

1 shallot, sliced thinly

1 whole garlic clove

½ tablespoon minced fresh rosemary

Pinch of chile flakes

½ cup chickpeas, cooked drained and rinsed (or roasted)

2 (packed) cups chopped kale leaves

1 tablespoon lemon juice

¼ cup chopped sun-dried tomatoes (or capers or olives)

¼ cup toasted pine nuts

Sea salt and freshly ground black pepper

Freshly grated Parmesan cheese (optional)

Preheat the oven to 400F. Prepare your squash following the directions above for basic cooked squash. Remove flesh from skin after cooking.

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, chili 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. If you're using roasted chickpeas, add them at the end of the recipe instead. 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.