



Roasted Garlic & Kale Spaghetti Squash

Servings 2

Prep 20 min

Cook 1 hr

Ingredients

1 Medium Sized (roasted) Spaghetti Squash

1/3 cup Sun Dried Tomatoes

1 Small Head (chopped) Kale

1 bulb Garlic

2 Tbsp Olive Oil

1/2 tsp. Sea Salt

Directions

- 1 Preheat the oven to 400 degrees F.
- 2 Chop the tip and the tail off of the spaghetti squash, cut it in half length-wise, and scoop the seeds out of each half.
- 3 Rub about a tablespoon of olive oil over the flesh of each half. Sprinkle with salt and pepper.
- 4 Place the squash cut-side down on a baking sheet.
- 5 To roast garlic, cut the top off, of the bulb, drizzle with olive oil, and wrap in foil. Place in the oven with the spaghetti squash for the whole duration of roasting.
- 6 Roast the squash for 35 to 50 minutes or until the flesh is tender. Note: For crunchy noodles, roast for 35 minutes. For al dente noodles, roast for 40-45. For tender noodles, roast for 50 to 55 minutes.
- 7 When the spaghetti squash and garlic have finished roasting, allow them to cool enough to handle. Once cool, use a fork to release the strands of spaghetti squash and place in a large bowl. Peel the garlic cloves, give them a rough chop, and transfer them to the bowl with the spaghetti squash.
- 8 Heat the olive oil in a large skillet over medium heat and add the chopped kale. Cover and cook until kale has wilted, about 3 to 4 minutes. Add the sun dried tomatoes, along with the spaghetti squash, and roasted garlic, . Continue cooking and stirring until all of the ingredients are well-combined and heated through.
- 9 Add sea salt to taste and taste the spaghetti squash for flavor. If desired, drizzle a couple tablespoons of lemon juice over the spaghetti squash for added citrusy flavor. Serve and enjoy!