

Spaghetti Squash Sauté

If you're looking for a fresh fruit or vegetable to add to your fall menu, why not try spaghetti squash?

Not only is spaghetti squash packed full of nutrients, but it is also currently in season. Spaghetti squash is nutrient dense, meaning it is low in calories but still packed full of Vitamin C, Vitamin B6, and is high in fibre.

Prep Time: 10 minutes

Cook Time: 40-60 minutes

Serves: 4

Ingredients:

- 1 large spaghetti squash
- 1 red onion, finely chopped
- 4 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 cloves garlic, chopped
- 1 (15 oz) can chickpeas, rinsed
- 1 cup fresh parsley, chopped
- 2 oz crumbled feta cheese



Directions:

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Cut the spaghetti squash in half lengthwise, scoop out and discard the seeds. Drizzle the inside of each half squash with 1 tsp of olive oil.
3. Place the squash cut-side down on a parchment lined pan. Bake for 40-60 minutes until the inside is tender and golden brown.
4. Use a fork to shred squash strands and transfer it to a large bowl.
5. In a different bowl, toss pre-chopped onion and fresh lemon juice.
6. In a non-stick skillet, heat 1 Tbsp of olive oil and chopped garlic until fragrant and starting to turn golden brown.
7. Add chickpeas; cook for 2 minutes. Toss in spaghetti squash, 1 Tbsp of olive oil, and a pinch of salt and pepper. Gently stir in parsley and the onion lemon juice mixture.
8. Top with feta cheese and serve.

Tip: Spaghetti squash is subtle allowing other flavours to shine. Substitute your traditional pasta noodles with spaghetti squash and top it with your favourite pasta sauce for a healthy fall meal.

Source: <https://www.womansday.com/food-recipes/food-drinks/a16764648/spaghetti-squash-and-chickpea-saute-recipe/>



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