



## Spaghetti Squash with Spinach & Chickpeas

4 servings

50 minutes

### Ingredients

- 1 Spaghetti Squash (medium)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, minced)
- 1/4 cup Sun Dried Tomatoes (drained)
- 3 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Feta Cheese (optional, crumbled)

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes. Remove the squash from the oven and let cool. Use a fork to shred the flesh into noodles.
- 3 In a pan over medium-low heat, add half of the extra virgin olive oil and sauté the garlic for 30 seconds. Then add the sun dried tomatoes and spinach. Sauté until the spinach is wilted. Add the chickpeas, lemon juice, sea salt, black pepper, remaining olive oil and the squash noodles. Toss to coat.
- 4 Divide the noodle mixture between plates and add the feta cheese on top. Serve and enjoy!

### Notes

**Dairy-Free:** Use capers or nutritional yeast instead of feta cheese.

**No Spinach:** Use kale or Swiss chard instead.

**No Sun Dried Tomatoes:** Use sliced olives instead.

**Leftovers:** Store in an airtight container in the fridge for 3 to 4 days.