

Stuffed Spaghetti Squash



Ingredients:

2 spaghetti squash

2 cups kale, stems removed, chopped

1 ½ cup cannellini beans (or chickpeas)

1 clove garlic, minced

1 teaspoon dried oregano,

½ teaspoon dried basil

½ teaspoon red pepper flakes (optional)

3 cups marinara sauce

Directons:

Cut spaghetti squash lengthwise in half. Scoop out seeds. (These can be washed and toasted, or discarded).place squash face down on baking sheet and just enough water to cover the bottom. Bake 45 minutes at 400° F. Simmer marinara sauce, kale, beans, red pepper flakes, and spices for 6 minutes. Fluff the spaghetti squash with a fork, then ladle the sauce over the top.

Creamy Marinara Sauce

Ingredients:

4 cups diced roma or san marzano tomatoes (blanch and peel before dicing)

½ cup full fat coconut milk

7 cloves garlic, diced

Pinch red pepper flakes

1 teaspoon sea salt

2 large fresh basil sprigs, chopped

Directions:

Heat coconut milk with garlic, add tomatoes with juice, red pepper flakes, basil, and salt. Simmer 15 minutes.