

Kale & Parmesan Spaghetti Squash

7 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 400°F (205°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 it cool. Use a fork to shred the flesh into noodles and season with salt and pepper.
3. Reduce the oven temperature to 375°F (190°C). Layer the kale leaves on the same baking sheet and rub with oil, salt, and pepper. Leave enough space between kale leaves to get them crispy, working in batches or on separate baking sheets if necessary. Bake for 10 to 11 minutes.
4. Divide the squash noodles between plates and squeeze lemon all over. Add the kale leaves on top and finish with Parmigiano Reggiano and chili flakes. Enjoy!

Ingredients

- 1 Spaghetti Squash (medium)
- Sea Salt & Black Pepper (to taste)
- 3 cups Kale Leaves
- 1 tsp Extra Virgin Olive Oil
- 1/2 tsp Lemon Juice
- 1/4 cup Parmigiano Reggiano (finely grated)
- 1/4 tsp Chili Flakes (optional)

Notes

Leftovers

Refrigerate in a sealed container in the fridge for up to three days.

Serving Size

One serving is half a medium sized squash.

Dairy-Free

Omit the Parmigiano Reggiano and use nutritional yeast instead.

Additional Toppings

Top with crispy bacon, toasted seeds, or nuts.

Make it Vegan

Omit the Parmigiano Reggiano and use nutritional yeast.