



Spaghetti squash

- olive oil cooking spray
- 1/2 3-lb spaghetti squash, seeds scooped out
- 1 Tbsp. olive oil, divided
- 4 cloves garlic, minced
- 1/3 c. vegetable or chicken stock
- 1/4 tsp. sea salt, divided
- pinch crushed red pepper (optional)
- 1 10-oz. bag spinach
- 1 1/2 tsp. pine nuts, toasted, for garnish

Preheat oven to 375°. Coat a rimmed baking sheet with cooking spray. Place squash, flesh down, on sheet and bake until easily pierced with a fork, 50-60 minutes. When squash is about 10 minutes from being done, warm 1/2 tbsp. olive oil in a large skillet over medium heat. Add garlic and cook for 1 minute. Stir in stock, 1/8 tsp. salt and red pepper, if desired. Add spinach, handfuls at a time, stirring until it's all in the skillet and wilted. Cover to keep warm.

When squash is done, use a fork to separate strands into a medium bowl. Add remaining oil and salt, and toss gently. Transfer "spaghetti" to plates or a platter; top with spinach mixture, garnish with pine nuts, and serve.

adapted from Clean Eating

