

Spaghetti Squash & Chard Sauté

Ingredients:

- 1 large spaghetti squash
- 3-4 Tbsp olive oil
- 1 Tbsp minced garlic
- ¼ tsp chili pepper flakes
- 1 large bunch of greens (swiss chard, collards, kale, etc.)
- 2 tsp apple cider vinegar
- Salt & pepper to taste
- ¾ cup freshly grated Parmesan cheese or cheese of choice.



Instructions:

1. Cook spaghetti squash (see back side for oven method)
2. Using a fork, scrape out the flesh of the squash, place in large bowl and set aside
3. Heat olive oil in a large pan on medium heat. Add garlic, chili pepper flakes, and cook for about 30 seconds.
4. Add spaghetti squash to pan and toss to coat with oil mixture.
5. Add chard (or other greens) and cook until wilted.
6. Remove from heat and sprinkle on vinegar and cheese.

Recipe adapted from www.simplyrecipes.com

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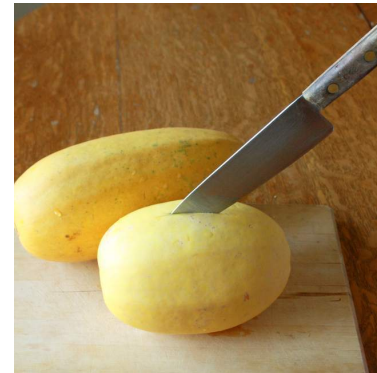
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How to Prepare Spaghetti Squash in the Oven.

1. Preheat oven to 375°F.
2. Cut the squash in half and scoop out seeds.
3. Drizzle olive oil and a pinch of salt & pepper, to taste.
4. Place squash on a foil-lined baking sheet, cut side down and bake for about 45 minutes or until skin is cut easily with a knife.



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