



# Creamy Garlic Spaghetti Squash

with Kale and Parmesan

Spaghetti squash is so-called because its flesh separates into spaghetti-like strands when cooked. Here, it's tossed with hearty dinosaur kale in a creamy Parmesan-garlic sauce that makes licking the plate a must.

30-40 minutes

2 servings

590 calories per serving

# Plated.

## Ingredients

1 spaghetti squash  
6 ounces dinosaur kale  
3 cloves garlic, divided  
1 tablespoon pine nuts  
1 packet butter  
 $\frac{1}{4}$  teaspoon crushed red pepper  
 $\frac{1}{2}$  cup heavy cream  
 $\frac{1}{3}$  cup grated Parmesan cheese

## You'll Need

2 tablespoons olive oil  
kosher salt  
black pepper  
aluminum foil  
baking sheet  
12" large high-sided pan

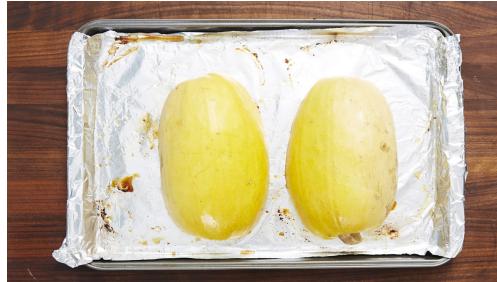
## Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Raw spaghetti squash can be tough to cut into. Try piercing the squash all over with a fork and microwaving in 30-second intervals to soften slightly before halving.

Pine nuts toast quickly—keep a close eye on the pan and stir frequently so they don't burn!

Rake a fork or tongs back and forth across your roasted spaghetti squash to remove its flesh in strands. Scrape them directly into the pan with garlic sauce until you've reached the outer skin.



### 1. Roast Spaghetti Squash

Preheat oven to 450°F. Halve **spaghetti squash** lengthwise (see Recipe Tip). Using a large spoon, scoop out and discard seeds. Drizzle **1 tablespoon olive oil** over cut sides and season with  **$\frac{1}{4}$  teaspoon salt** and **black pepper** as desired. Place cut-side down on a foil-lined baking sheet and roast until flesh is tender and easily pierced with a fork, 25-35 minutes. Set aside to cool until ready to use.



### 2. Prepare Ingredients

While squash roasts, rinse **kale** and thinly slice leaves crosswise, discarding stems. Thinly slice **1 clove garlic** and mince **remaining cloves**, keeping minced and sliced separate.



### 3. Sauté Kale

Toast **pine nuts** in a large high-sided pan over medium-low heat, stirring, until golden, about 5 minutes (see Recipe Tip). Transfer to a small bowl and set aside. Increase heat under pan to medium high and add **1 tablespoon olive oil**. When oil is shimmering, add **sliced garlic** and sauté until golden, about 1 minute. Add **kale** and sauté until tender, 2-3 minutes more. Season with  **$\frac{1}{4}$  teaspoon salt** and **black pepper**. Transfer to a plate and set aside.



### 4. Cook Parmesan-Garlic Sauce

Wipe pan from kale clean and add **butter** over medium heat. When butter is foamy, add **crushed red pepper** (skip or use half for less heat) and **minced garlic** and cook until fragrant, about 30 seconds. Stir in **heavy cream** and cook until thickening, about 30 seconds, then remove pan from heat. Stir in **Parmesan** and season with  **$\frac{1}{4}$  teaspoon salt** and **black pepper** as desired.



### 5. Pull Spaghetti Squash

Using a fork or tongs, pull **roasted spaghetti flesh** to create spaghetti-like strands (see Recipe Tip). Transfer to pan with garlic sauce and discard squash skins.

Add **sautéed kale** to pan with spaghetti squash, place over medium heat and cook, stirring, until everything is warmed through, about 2 minutes. Taste and add more **salt** and **black pepper** as desired. Plate **creamy garlic spaghetti squash**, sprinkle over **toasted pine nuts**, grab a fork, and twirl away!