

Spaghetti Squash & Chickpeas



6 servings

Prep Time: 20 min Cook Time: 15 min

1 medium spaghetti squash (about 4 lb.)	1 medium zucchini, chopped
1 c. chopped carrots	3 T. balsamic vinegar
1 small red onion, halved and sliced	2 t. minced fresh thyme or 1/2 t. dried thyme
1 T. olive oil	1/4 t. salt
4 garlic cloves, minced	1/4 t. pepper
1 can (15.5 oz.) great northern beans, rinsed and drained	1/4 c. pine nuts, toasted
1 can (14.5 oz.) diced tomatoes, drained	
1/2 c. canned artichoke hearts, rinsed, drained and halved	

Cut squash in half lengthwise; discard seeds. Place squash cut side down on a microwave safe plate. Microwave, uncovered, on high for 15-18 minutes or until tender. (Or if you prefer, bake in the same manner on a cooking sheet at 400 degrees for 50 minutes.)

Meanwhile, in a large nonstick skillet, saute carrots and onion in oil until tender. Add garlic, cook 1 minute longer. Stir in the beans, tomatoes, artichokes, zucchini, vinegar, thyme, salt, and pepper. Cook and stir over medium heat for 8-10 minutes or until heated through.

When squash is cool enough to handle, use a fork to separate strands. Serve bean mixture over spaghetti squash. Sprinkle with nuts.

Nutrition Facts per serving

Calories 292 , Protein 10 g, Carbohydrate 49 g, Total Fat 8 g, Saturated Fat 1 g, Fiber 10 g, Sugar 15 g, Sodium 546 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.