

Tuscan Kale and White Bean Spaghetti Squash Bake

Ingredients:

- One large spaghetti squash, halved
- 1/3 cup water
- 1/3 cup veggie broth or water (more as needed)
- 1 cup cherry tomatoes, halved
- 1 cup mushrooms, chopped
- 1 teaspoon oregano
- 1 15 oz. can white cannellini beans, drained and rinsed
- 3 cups kale (any kind) chopped/ripped
- Pasta sauce of your choice
- Breadcrumbs (optional)

Instructions:

1. Preheat oven to 400 degrees F.
2. Cut the squash in half and scoop out the seeds with a spoon. Fill a roasting pan with 1/3 cup water. Lay the squash cut side down in pan and bake for 35-40 minutes or until soft and tender then let cool for 5-10 minutes.
3. Meanwhile, sauté the tomatoes, mushrooms, white beans and oregano in the veggie broth (or water) for about 5 minutes. Add in kale and cook about 3 minutes or until kale is slightly softened (don't overcook).
4. After the squash has slightly cooled, scrape it with a fork to resemble spaghetti like noodles. You can serve it in the squash or in a bowl.
5. Warm the pasta sauce on stovetop.
6. Mix in the sautéed veggies then add desired amount of pasta sauce on top along with optional breadcrumbs.

Recipe adapted from: <http://www.theglowingfridge.com/tuscan-kale-and-white-bean-spaghetti-squash-bake/>