



**GREEN
CHEF**

GREEK-STYLE SPAGHETTI SQUASH

chickpeas, kale, tomato, olives, roasted red peppers, feta

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

710

MENU

GLUTEN-FREE // MEDI

This 30-minute vegetarian meal combines some of our favorite Greek flavors. Chickpeas and roasted red peppers are seasoned with a heady mix of herbs and spices reminiscent of gyros (think oregano, thyme, paprika, cinnamon, and nutmeg), then cooked with kale, tomato, and Kalamata olives, which add a salty, briny bite. Everything is tossed in a garlic-herb lemon vinaigrette with noodle-like strands of roasted spaghetti squash. Crumbles of salty feta cheese top off this vibrant and satisfying dish.

INGREDIENTS (10 ITEMS)

17½ oz **Spaghetti squash**
13¼ oz **Garbanzo beans (chickpeas)**
1 whole **Red onion**
2¾ oz **Green kale**
1 whole **Roma tomato**
⅞ oz **Kalamata olives**
2¼ oz **Roasted red peppers**
½ tsp **Gyro-style seasoning**
2¼ oz **Garlic-herb lemon vinaigrette**
2 oz **Feta cheese** M

WHAT YOU'LL NEED

large sauté pan
baking sheet
measuring spoons
strainer
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1 tablespoon cooking oil. Season with salt and pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25–30 minutes, or until squash strands easily separate when pierced with a fork.
- Separate **squash strands** from peel with a fork.*

**We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Strain and rinse **garbanzo beans (chickpeas)**.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Lay flat and small dice remaining half into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Roughly chop **Kalamata olives**.

**The ingredient you received may be a different color.*

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

3 COOK CHICKPEAS

- Heat 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **chickpeas**, **onion**, and **roasted red peppers** to hot pan. Season with **gyro-style seasoning**, ½ teaspoon salt, and a pinch of pepper. Cook 3–4 minutes, or until chickpeas are lightly browned, stirring occasionally.

4 ADD VEGGIES

- Add **kale**, **tomato**, and **olives** to pan. Cook 1–2 minutes, or until kale is lightly wilted, stirring occasionally. Remove from heat.

5 FINISH SQUASH

- Add **squash strands** to pan. Drizzle with **garlic-herb lemon vinaigrette**. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **Greek-style spaghetti squash** between plates. Garnish with **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (592g)

Amount per serving

Calories 710

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1280mg	56%
Total Carbohydrate 62g	23%
Dietary Fiber 18g	64%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 327mg	25%
Iron 13mg	70%
Potassium 914mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Spaghetti Squash, Garbanzo Beans (Chickpeas) [chickpeas, water, salt, ascorbic acid], **Roasted Red Peppers** [bell pepper], **Red Onion, Roma Tomatoes, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Green Kale, Seasoned Lemon Vinaigrette** (Parsley, Garlic, Olive Oil [olive oil], Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Dried Dill, Sea Salt, Black Pepper), **Gyro-Style Seasoning** (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg)

Allergen information:
Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.