

Spaghetti Squash with Roasted Brussels Sprouts and Chickpeas

INGREDIENTS

1 spaghetti squash

1 pound Brussels sprouts

2 cloves minced garlic, or garlic powder

1 15-oz can chickpeas, rinsed and drained

Dried basil/italian seasoning

1/4 teaspoon red pepper flakes (or to taste)

salt and black pepper to taste

1 1/2 teaspoon lemon juice (or juice of half a lemon)

Olive Oil (to coat squash and brussels sprouts)

3 tablespoons of butter (or more if you want it really buttery)

DIRECTIONS

1. Preheat oven to (you guessed it) 425°F.
2. Cut the spaghetti squash in half lengthwise. Scrape out the seeds. Spray or brush interior with olive oil and salt and pepper. Place on baking sheet.
3. But brussels sprouts in half lengthwise, toss in olive oil, garlic, salt and pepper, and place next to squash on the same baking sheet.
4. Bake for 45 minutes (or less if it's done. the squash's shell should feel soft).
5. Put roasted brussels sprouts into a large bowl. Fork the spaghetti squash into strands into the same bowl (it'll be hot - either use an oven mitt to hold, or wait until it cools off a little). You can throw out the squash shell halves, or use them to hold the food as little bowls.
6. Add chickpeas, lemon juice, spices, and most importantly - BUTTER. Mix it all up and serve.