

Tuscan Kale Spaghetti Squash Lasagna Bake

(servings 4-8)

Ingredients

- ◆ 2 x 3-4 pound spaghetti squash
- ◆ 1-2 tablespoons sunflower oil, divided
- ◆ 1/4 cup minced shallot
- ◆ 4 teaspoons minced garlic
- ◆ 2 x 15oz cans cannellini beans, drained + rinsed
- ◆ 1 cup sliced sun-dried tomatoes, not oil-packed
- ◆ 10 cups ribboned Tuscan/dino/lacinato kale, stems removed ~2 med. bunches
- ◆ 1 1/2 tablespoons fresh oregano
- ◆ 1 large egg
- ◆ 15oz full-fat ricotta cheese
- ◆ 1 cup grated parmesan cheese
- ◆ sea salt + pepper
- ◆ Breadcrumb Topping:
 - ◆ 3 slices gluten-free bread, I used Udi's
 - ◆ 1/4 cup grated parmesan cheese
 - ◆ 1 1/2 teaspoons freshly chopped oregano

Instructions

- Preheat your oven to 400° F.
- Slice spaghetti squash lengthwise and scrape out seeds. Drizzle with oil, a sprinkle of salt + pepper and then rub in. Line 1-2 baking sheets with parchment paper and place squash cut side down. Bake for about 35-40 minutes until just tender enough that you can scrape the squash into strands. You don't want it fully cooked since it will be baked again.
- While cooking, place bread in a blender or food processor and grind into breadcrumbs. Toast on a pan in the oven [top rack is fine] for about 6-8 minutes. Remove and let cool fully, then toss with oregano and parmesan.
- Flip the cooked squash halves over and let cool for 15 minutes [longer is fine].



- While cooling, heat a large sauté pan over medium-low heat. Add 2 teaspoons of oil.
- Once hot, add the shallot and let cook for 3-4 minutes, stirring frequently. Add garlic with 1 teaspoon of oil and stir frequently for about 2-3 minutes, until lightly browned. Preheat oven to 350° F.
- Raise the pan heat to medium. Add white beans and a hefty sprinkle of salt + pepper.
- Cook for 4-5 minutes, stirring occasionally. Stir in sun-dried tomatoes and let cook for about 2 minutes. Stir in kale and oregano. Let cook for 1-2 minutes until just starting to wilt.
- Remove mixture from the heat.
- Scrape about 90% of the spaghetti squash into a large mixing bowl, leaving some attached to each shell. Empty the kale mixture over the squash and combine. Add salt and pepper until seasoned to your liking.
- Whisk the egg in a small mixing bowl. Mix in the ricotta, parmesan, a pinch of salt, and about 1/4 teaspoon black pepper until. Empty over the squash mixture and toss with your hands to evenly distribute. Scoop 1/4 of the mixture into each squash shell. Do not pack in. Bake for 25 minutes, until the top layer is a lightly crisped and brown.
- Sprinkle with toasted breadcrumb mixture and bake for another 5-8 minutes. Remove and let cool slightly, then serve.

[Credit: [EdiablePerspective.com](https://www.ediableperspective.com)]