

## SPAGHETTI SQUASH SALAD

*Adapted from Cooking Light*

### Ingredients

- 1 spaghetti squash (about 3 pounds)
- 1 tablespoon olive oil
- juice from 2 limes
- 1 tablespoon peeled and minced ginger
- 1 tablespoon dark sesame oil
- ¼ teaspoon salt
- 1 red pepper, diced
- 1 can (15 ounce) chickpeas
- ½ cup coarsely chopped cilantro
- 1 tablespoon sesame seeds

### Instructions

Set oven to 425 degrees. Cut squash in half, spoon out flesh, and discard seeds. Rub inside flesh of squash with oil (including the edges) and place flesh side down on foil-lined baking sheet.

Roast until squash is tender when pierced with a fork, about 30 to 40 minutes. (Turn squash over so flesh is facing up to test for doneness.) Let cool. Scrape flesh with a fork to remove spaghetti-like strands.

In medium bowl, mix lime juice, ginger, sesame oil, and salt. Mix in squash, red pepper, chickpeas, and cilantro. Sprinkle with sesame seeds.

**Yield:** 4 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 220

PROTEIN: 7 grams

SODIUM: 340 milligrams

CARBOHYDRATE: 28 grams

FIBER: 8 grams

FAT: 11 grams

SATURATED FAT: 2 grams