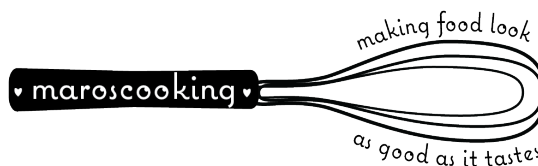


Kale-Artichoke Boursin Stuffed Spaghetti Squash Boats

Ingredients to serve 6

- 3 small spaghetti squash, seeded and halved lengthwise
- 6 cups finely chopped kale
- 1-15 oz can artichokes, drained and chopped
- 1 sweet onion, finely chopped
- 3 cloves minced garlic
- ¼ cup chopped sun dried tomatoes
- ¼ cup chopped parsley
- 5 ounces Boursin cheese, or preferred garlic cheese spread
- ½ cup ricotta
- 1 cup grated Monterey Jack cheese, plus more for sprinkling
- ¼ cup grated Parmesan
- 1 teaspoon crushed red pepper
- kosher salt and pepper, to taste
- 3 tablespoons olive oil



Directions:

Preheat oven to 400.

Line a baking sheet with parchment paper. Drizzle inside of squash with a bit of olive oil to coat lightly. Sprinkle with salt and pepper. Place squash flesh-side down and roast in the oven for about 30 minutes. Remove from oven and set aside.

While squash is roasting, make your filling. Use remaining tablespoon of oil, heat a medium skillet on medium high heat and add onion and garlic. Season with salt and pepper and sauté for about 5 minutes until tender and fragrant.

Chop Kale by hand, or place in food processor and pulse until chopped, rather fine, but not minced. Add to skillet with onion and garlic and stir for a few minutes until wilted. Remove from heat, and stir in Boursin, ricotta and cheeses. Mix until well combined and add in sun dried tomatoes, parsley, crushed red pepper and salt and pepper to taste.

Invert squash on baking sheet so it rests on skin side. Divide filling equally among squash boats, and place in oven for about 10 minutes to melt cheeses! Enjoy!