

## **MOROCCAN-SPICED CHICKPEAS AND SPAGHETTI SQUASH** **by radish\*rose**

Adapted from [Smitten Kitchen](#)

### **Ingredients:**

one 2-3 lb. spaghetti squash

1 - 15-oz can chickpeas, rinsed well

2 T. coconut oil (or butter, if you're into that sort of thing, and I can see why you might be)

2-3 garlic cloves, pressed or minced

1 tsp. ground cumin

1/2 tsp. ground coriander

1/8 tsp. ground chipotle

1/2 tsp. fine sea salt

Chopped parsley or cilantro for garnish

**Equipment:** Medium bowl, medium saute pan

### **Method:**

**To cook the squash:** Did you know you can microwave it? It's super easy! Wash the squash and pierce it all over with a knife (so the steam can escape and it doesn't explode... that would be unfortunate). Just stick that bad boy in the microwave and cook it on high for 6-7 minutes. Turn over and cook another 6-8 minutes (depending on your microwave's power and the size of the squash). It should feel soft when it's done. Cool squash for 5 minutes, then cut it in half (be careful, lots of steam will escape), scrape out the seeds and throw them away, and spoon out the spaghetti-like strands into a medium bowl. Not into microwaving? Refer to the [original recipe](#) for oven method.

**To make the spice and chickpea mix:** Measure out your spices into a small bowl (cumin, coriander, chipotle, salt). (This is so you don't burn your garlic by measuring them all individually when the time comes to add. You can thank me later.) Melt the coconut oil or butter in medium saute pan over medium heat. Add garlic and stir until barely golden. Add your spice mixture and stir over heat for a few seconds until it becomes fragrant. Add the chickpeas, stir to coat chickpeas in spice mixture, cook for 1-2 minutes, and turn off the heat.

**To assemble:** Take your medium bowl with the spaghetti squash in it and spoon the spice and chickpea mixture over the top. Toss all together, topping with the chopped parsley or cilantro as desired. Enjoy!

**Original post:** <http://radishrosecooks.com/2014/05/26/moroccan-spiced-chickpeas-and-spaghetti-squash/>

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