**Spaghetti Squash with Sautéed Chickpeas**

Spaghetti Squash with sautéed chickpeas (20 mins)

Using a large serrated knife, halve a 3 pd spaghetti squash lengthwise;

discard seeds.

Place both halves - cut side down on a large piece of parchment paper, and microwave on high until just tender, (9-11 mins).

Use a fork to shred squash strands, and transfer to a large bowl.

In a small bowl toss 1 small red onion (finely chopped),

4 Tbsp. fresh lemon juice, and a pinch each of salt and pepper.

In a nonstick skillet, heat 1 Tbsp. olive oil and 2 cloves chopped garlic until beginning to turn golden brown.

Add a 15 oz. can chickpeas (rinsed); cook for 2 mins.

Toss with spaghetti squash,

1 Tbsp. olive oil, and 1

/4 tsp each salt and pepper.

Fold in 1 cup fresh flat-leaf parsley (chopped) and onion (and juices).

Top with 2 oz. of crumbled feta. serves 4 - 245 cal./serving 10 G fat (1.5G sat) 7 G protein, 340 MG sodium, 27 G carb, 8 G fiber.