



Spaghetti Squash Bake

with Swiss Chard & Walnut-Dill Gremolata



45min



2 Servings

Chock full of veggies, our spaghetti squash bake is the ultimate vegetarian meal, perfect for any time of day! We mix the pre-cooked squash with dark leafy greens and zucchini, nestle eggs on top, and bake it—simple as that. A quick homemade gremolata of walnuts, dill, and lemon perks everything up, while a drizzle of sour cream adds cool creaminess.

What we send

- 1 oz walnuts ¹⁵
- 1 bunch Swiss chard
- 1 zucchini
- garlic
- ¼ oz fresh dill
- 1 lemon
- 2 (1 oz) sour cream ⁷
- 8 oz spaghetti squash

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- 2-3 large eggs ³

Tools

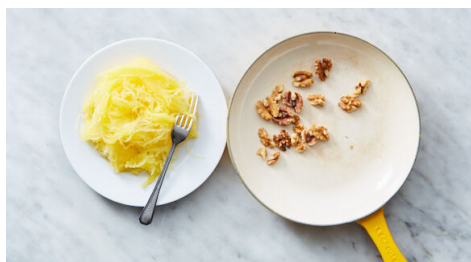
- medium ovenproof skillet (preferably cast-iron)
- box grater or microplane

Allergens

Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 440kcal, Fat 34g, Carbs 20g, Protein 15g



1. Prep walnuts & squash

Preheat oven to 400°F with a rack in the center. Add **walnuts** to a medium ovenproof skillet (preferably cast-iron). Bake on center oven rack until light golden brown and fragrant, 8-10 minutes (watch closely as ovens vary). Transfer to a plate; reserve skillet.

Remove skin from **spaghetti squash** and squeeze out any extra water. Gently scrape with a fork to pull apart into thin strands.



4. Make gremolata

Chop **walnuts**. Pick **dill fronds** from stems; discard stems. **Zest half the lemon** into a small bowl. Cut lemon into 8 wedges; squeeze 2 wedges into same bowl. Add **walnuts, dill, remaining garlic**, and **a pinch of sugar**; season to taste with **salt** and **pepper**.

In a second small bowl, mix **sour cream** with **2 teaspoons water**; season to taste with **salt** and **pepper**.



2. Prep ingredients

Strip **Swiss chard leaves** from **stems**. Thinly slice stems crosswise and cut leaves into ½-inch wide ribbons.

Trim ends from **zucchini**; coarsely grate on large holes of a box grater. Spread out on a paper towel and sprinkle with **salt**. Let sit for 5 minutes, then squeeze out excess moisture and pat dry again.

Finely chop **2 teaspoons garlic**.



5. Bake eggs

Using back of a spoon, make 2-3 indentations in surface of **vegetables**. Crack **1 large egg** into each well; season with **salt** and **pepper**.

Return to center oven rack and bake until eggs are almost set, 6-8 minutes more.



3. Bake veggie mixture

In a large bowl, stir together **chard leaves and stems, spaghetti squash, zucchini, 1½ teaspoons of the chopped garlic**, and **2 tablespoons oil** until evenly mixed. Add **½ teaspoon salt** and **a few cracks of pepper**.

Transfer to reserved skillet and spread into an even layer. Bake on center oven rack until veggies are tender and browned in spots, 10-15 minutes.



6. Serve

Serve **squash bake** with **sour cream, gremolata**, and **remaining lemon wedges** alongside. Enjoy!