

RECIPE

Chicken-Stuffed Spaghetti Squash

PREP TIME 15 Min. COOK TIME 20 Min. SERVES 2

INGREDIENTS

- 2-8oz cooked boneless, skinless chicken breasts, diced
- 1-2 ½-3 lb. spaghetti squash, halved lengthwise and seeded
- 1 ¼ c. spaghetti sauce, divided
- 1 medium zucchini, diced
- 1 c. shredded mozzarella cheese

DIRECTIONS

Place squash in shallow microwave dish with a small amount of water. Microwave until softened (about 10 min). Cool and scrape the squash out of the shell using a fork. Save the shells.

Mix squash, zucchini, chicken and 1 c. sauce together. Fill the shells with mixture. Top with remaining sauce and cheese. Bake at 350 degrees until cheese is brown (about 20 min.)



½ stuffed squash half = 408 cal., 34.3 gm pro, 19.7 gm CHO, 22 gm fat