



Recipe: Chicken Enchilada stuffed Spaghetti squash

Prep/Cook time: 25 minutes

Serves: 4

Calories per serving: 408

Ingredients

2-8 oz boneless, skinless chicken breasts

1 (2½-3 lb) spaghetti squash-halved lengthwise and seeded

1¼ cups red enchilada sauce-divided

1 medium zucchini, diced

½ tsp pepper

1 cup shredded pepper Jack cheese

¼ tsp salt

Directions

Preheat oven to 450 degrees.


Place chicken in medium saucepan, add water to cover and bring to boil. Cover, reduce heat to low and simmer 10-15 minutes.

Transfer chicken to large bowl and shred with two forks.

Microwave spaghetti squash on high for 10 minutes or until tender.

Use fork to scrape the squash from the shells. Place squash in bowl with chicken. Place shells on broiler-safe pan.

Stir one cup enchilada sauce, zucchini, ½ tsp pepper, ¼ tsp salt into the squash and chicken. Divide the mixture between the shells.



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Top with remaining $\frac{1}{4}$ c enchilada sauce and cheese.

Bake for 10 minutes. Then broil for 2 minutes.

Cut each half in half. Serve.

