



Chicken Enchilada-Stuffed Spaghetti Squash

Yield: 4 servings

Modified from: www.eatingwell.com

Ingredients:

- 1 spaghetti squash, 2 – 3 lbs
- 2 (8 oz each) boneless, skinless chicken breasts, cooked and shredded
- 1 ¼ cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded Colby Jack cheese
- 1 (4oz.) can green chilies
- ½ teaspoon pepper

Directions:

1. Position racks in upper and lower thirds of oven. Preheat oven to 350°F.
2. Cut squash in half and remove seeds. Place squash cut side down in microwave safe dish with 2 tablespoons water. Microwave, uncovered on High until flesh is tender, about 10 minutes. (Alternatively, place cut squash on rimmed baking dish and bake at 400°F for 40 – 50 minutes or until tender.)
3. Scrap out squash into large bowl. Set aside squash shells.
4. Add chicken, 1 cup enchilada sauce, zucchini, ¾ cup cheese, green chilies and pepper. Divide mixture between squash shells. Top with remaining enchilada sauce and cheese.
5. Bake on lower rack for 10 minutes or until cheese melts. Turn oven to broil and broil on high for 2 minutes or until cheese is slightly browned. Watch carefully. Serve.

Nutrition information:

Serving size: ¼ of filled squash

Calories: 277

Fat: 10.5g

Sodium: 698mg

Carbohydrates: 13g

Sugar: 4g

Fiber: 3g

Protein: 33g