

SPAGHETTI SQUASH CHICKEN BAKE



A RECIPE BY BRITTANY PRAY

PREP TIME: 40 MIN COOK TIME: 32 MIN TOTAL TIME: 1 HR. 12 MIN
SERVINGS: 5

INGREDIENTS

- 1 Medium Spaghetti Squash (30oz cooked)
- Red Bell Pepper, 5.5oz - chopped
- Spinach, 1.3 oz - chopped
- Chicken, 1lb cooked
- Diced tomatoes, 14.5oz
- Minced garlic, 1.5 tsp
- Thyme, 1/2 tsp
- Basil, 1/2 tsp
- Oregano, 1/2 tsp
- Shredded Mozzarella cheese, 3/4 cup
- Olive Oil Cooking Spray
- Salt & Pepper, to taste

DIRECTIONS

- You will need to cook your chicken and spaghetti squash first. You can cook your chicken in a crock pot, bake it, or-like I did-cook it in the pressure cooker for 10 minutes & then shred it. You could also buy a rotisserie chicken and use that.
- To cook your spaghetti squash: Pre-heat the oven to 400 degrees. Cut your spaghetti squash in half length wise. Scoop out the seeds with a spoon. Spray the insides lightly with olive oil spray and sprinkle with salt and pepper. Place the two halves cut-side down on a baking sheet and poke 4-5 holes in the skin of the squash with a fork. Bake for 30-40 minutes (depending on the size of your squash).
- Pre-heat oven to 350 degrees.
- Spray a large pan with olive oil cooking spray and heat over medium heat.
- Add bell peppers and salt and pepper to taste. Heat for 5 minutes.
- Add in the cooked chicken, diced tomatoes, minced garlic, thyme, basil, and oregano and mix well. Heat for 2-3 minutes.
- Add in the spaghetti squash and spinach, mixing well. Heat for 4-5 minutes.
- Add 1/2 cup of mozzarella and stir. Heat for 1-2 minutes.
- Transfer this spaghetti squash mixture into a 9x13in baking dish.
- Bake for 10 minutes.
- Remove from the oven and sprinkle the remaining 1/4 cup of mozzarella on top. Bake for 8 more minutes.
- Enjoy!

NUTRITION: Serving size: 382g
Calories: 259 cal, Carbohydrates: 20g, Protein: 30g, Fat: 6g

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