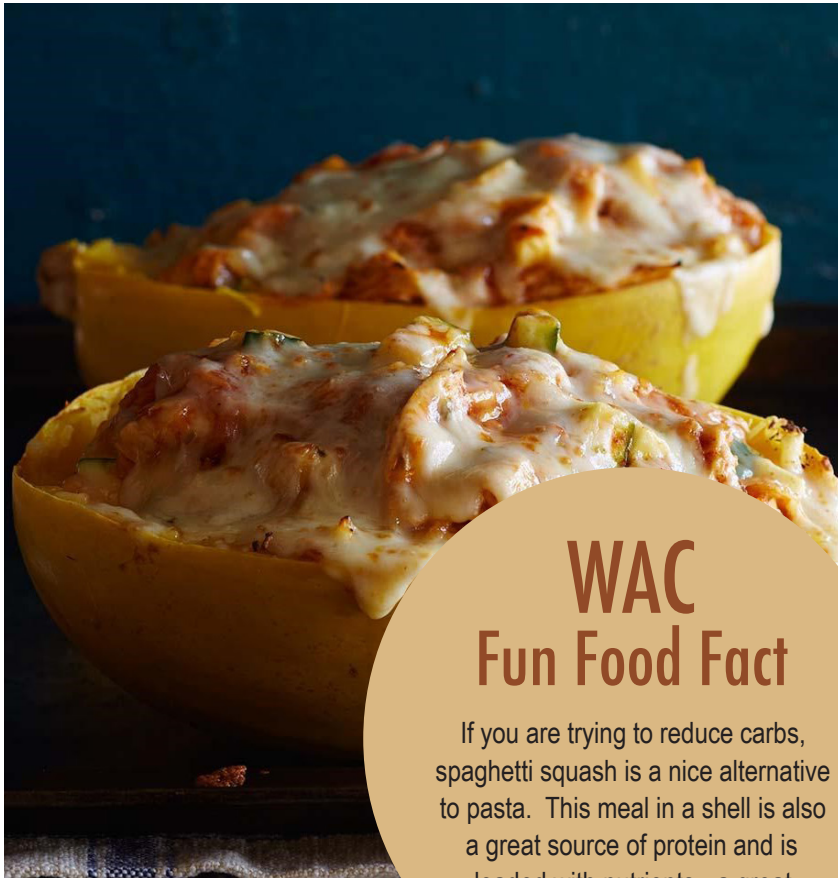


Chicken Enchilada-Stuffed SPAGHETTI SQUASH



WAC Fun Food Fact

If you are trying to reduce carbs, spaghetti squash is a nice alternative to pasta. This meal in a shell is also a great source of protein and is loaded with nutrients - a great all-in-one meal!

Ingredients

- 2 8-ounce boneless, skinless chicken breasts
- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 1¼ cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded pepper Jack cheese

Per serving: 408 calories; 22 g fat(11 g sat); 4 g fiber; 20 g carbohydrates; 34 g protein; 46 mcg folate; 136 mg cholesterol; 7 g sugars; 0 g added sugars; 1,113 IU vitamin A; 19 mg vitamin C; 278 mg calcium; 2 mg iron; 426 mg sodium; 833 mg potassium
Nutrition Bonus: Vitamin C (32% daily value), Calcium (28% dv), Vitamin A (22% dv)
Serving size: ½ stuffed squash half

Preparation

- 1** Position racks in upper and lower thirds of oven; preheat to 450degrees F.
- 2** Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165degrees F, 10 to 15 minutes.
- 3** Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.
- 4** Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)
- 5** Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ cup enchilada sauce and cheese.
- 6** Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.



Recipe of the Month |

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