



A Nutrition Resource

SPAGHETTI SQUASH WITH CHICKEN AND BROCCOLI

Yield: 6 Servings | **Serving Size:** 1 1/4 cups

Cost/Serving: \$1.22

Ingredients:

- 2 medium spaghetti squash (about 3.5 lbs. total)
- 1 Tablespoon + 2 teaspoons olive oil
- 2 medium chicken breasts (about 6 ounces each)
- 1 small yellow onion, diced
- 2 cups frozen broccoli florets
- 3 garlic cloves, minced
- 1/4 cup low sodium chicken broth
- 1/2 Mozzarella cheese, shredded
- 1/4 cup low-fat, plain yogurt
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes (optional)

Directions:

- 1) Preheat oven to 425°F.
- 2) Cut squash in half. Use a spoon to remove seeds. Add 1 teaspoon oil and a pinch of salt and pepper to cut side of squash. Lay squash cut side down on baking sheet and roast for 1.2 hour. Remove from oven when squash is fork tender. Allow to cool. Once squash is cool, use a fork to scoop out the flesh and place in a large bowl. Reserve the hollowed-out squash "shells".
- 3) While the squash is cooking, place 1 Tablespoon oil and chicken on baking sheet, roll chicken in oil and put on lower rack of oven (same oven that squash is in). Baking 25 minutes or until chicken is cooked through. Remove from oven and allow to cool. Dice and set aside.
- 4) In a frying pan, heat 1 teaspoon oil over medium-high heat. Sauté onion, broccoli, and garlic for 3

Nutrition Facts

6 servings per container

Serving size 1.25 cups (397g)

Amount per serving

Calories **220**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 151mg	10%
Iron 1mg	6%
Potassium 359mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





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minutes. Turn heat to low and add chicken broth, cheese, yogurt, salt, pepper, and red pepper flakes. Stir until cheese is melted. Remove from heat.

- 5) Add squash and chicken to the frying pan and mix all ingredients together.
- 6) Divide mixture and add to the hollowed-out squash "shells". Bake 15 minutes or until browned and bubbly.

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