



Creamy Kale Spaghetti Squash



1/4th of recipe (about 1 2/3 cups): 296 calories, 5.5g total fat (2.5g sat. fat), 660mg sodium, 25g carbs, 5g fiber, 8g sugars, 34g protein

Prep: 20 minutes **Cook:** 1 hour

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Ingredients

- 1 spaghetti squash (about 4.5 lbs.)
- 1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
- 1/4 tsp. each salt and black pepper
- 4 cups chopped kale
- 3 tbsp. finely chopped pouted sun-dried tomatoes
- 2 tsp. chopped garlic
- 2 tbsp. reduced-fat Parmesan-style grated topping
- 6 wedges [The Laughing Cow Light Creamy Swiss cheese](#)

Directions

Preheat oven to 400 degrees.

Microwave squash for 3 - 4 minutes, until soft enough to cut. Halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes.

While squash cools, bring a large skillet sprayed with nonstick spray to medium-high heat. Season chicken with pepper and 1/8 tsp. salt, and add to the skillet. Cook and stir until chicken is cooked through, about 8 minutes. Transfer chicken to a large bowl, and cover to keep warm.

Use a fork to scrape out squash strands. Place in a strainer to drain excess moisture. Blot dry, if needed. Transfer 5 cups to a large bowl, and cover to keep warm. Reserve any extra squash for another time.

Clean skillet. Re-spray and bring to medium-high heat. Add kale, sun-dried tomatoes, and garlic. Add 1/2 cup water. Cover and cook until kale is tender, about 5 minutes.

Remove lid, and reduce heat to low. Add Parm-style topping and cheese wedges, breaking the cheese wedges into pieces. Add chicken and remaining 1/8 tsp. salt. Cook and stir until cheese has melted and coated veggies and chicken, about 3 minutes.

Add cheesy chicken and veggies to the spaghetti squash, mix well, and serve!

MAKES 4 SERVINGS

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Publish Date: October 17, 2013

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