



Garlic Butter Chicken Spaghetti Squash Bake



1/4 of recipe (1/4 of squash): 330 calories, 15g total fat (4.5g sat. fat), 717mg sodium, 20.5g carbs, 4g fiber, 8g sugars, 30g protein

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Prep: 15 minutes **Cook:** 50 minutes

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Ingredients

1 spaghetti squash (at least 4 lb.)
 1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
 2 tsp. Italian seasoning, divided
 1 1/2 tsp. garlic powder, divided
 1/2 tsp. salt, divided, or more to taste
 1/2 tsp. black pepper, divided, or more to taste
 1/2 cup light butter
 1 tbsp. minced garlic
 3 tbsp. grated Parmesan cheese, divided
 Optional topping: fresh chopped parsley

Directions

Preheat oven to 400°F.

Pierce squash a few times with a fork or knife. Microwave for 6 minutes, until soft enough to cut. Halve lengthwise. Scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down. (Use two pans, if needed.) Bake until tender, about 35 minutes.

About 10 minutes before squash is done baking, bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, 1 tsp. Italian seasoning, 1 tsp. garlic powder, 1/4 tsp. salt, and 1/4 tsp. pepper. Cook and stir until just cooked, about 5 minutes.

Reduce skillet to medium-low heat. Add butter and garlic. Cook and stir until butter has melted and garlic is fragrant, about 2 minutes. Add 2 tbsp. Parm, and stir until well mixed.

Remove baking pan(s) from the oven, but leave oven on. Remove squash halves, and empty water from baking pan(s).

Blot excess moisture from squash. Use a fork to scrape out squash strands, and transfer to a large bowl. Return empty squash halves to the pan(s), cut side up.

Season squash strands with remaining 1 tsp. Italian seasoning, 1/2 tsp. garlic powder, 1/4 tsp. salt, and 1/4 tsp. pepper. Toss to mix.

Divide seasoned squash between the empty squash halves, and evenly top with chicken mixture and butter sauce. Top with remaining 1 tbsp. Parm.

Bake until entire dish is hot and the sauce has settled into the squash, about 5 minutes.

MAKES 4 SERVINGS

HG Tips: Time tight for cooking dinner, or want to set it and forget it re: the squash? Check out our [microwave-only and slow-cooker alternatives for cooking the squash!](#) If you can't find a 4-lb. squash, you can use two 2-lb. squash, just be mindful of cook time—you may need to significantly

reduce its time in the oven.

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