



HG's Buff Chick Parm with Spaghetti Squash



Entire recipe: 326 calories, 9g total fat (4g sat fat), 775mg sodium, 19g carbs, 3g fiber, 6g sugars, 38.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Prep: 15 minutes **Cook:** 25 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#)

Ingredients

- 1 spaghetti squash (you'll only use about 1/4th of it)
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- One 4-oz. raw boneless skinless chicken cutlet, pounded to 1/4-inch thickness
- 2 tbsp. (about 1 large) egg whites
- 2 tbsp. whole-wheat panko breadcrumbs
- 1 1/2 tsp. grated Parmesan cheese
- 1/8 tsp. cayenne pepper
- 1 1/2 tsp. Frank's RedHot Original Cayenne Pepper sauce
- 2 tbsp. shredded part-skim mozzarella cheese

Directions

Microwave whole squash for 6 minutes, or until soft enough to cut. Slice into quarters; scoop out and discard seeds. Save three quarters for another time.

Place one spaghetti squash quarter in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 7 minutes, or until soft.

Use a fork to scrape out cooked spaghetti squash strands. Thoroughly blot dry, removing as much moisture as possible. Measure out 1 cup, and place in a medium microwave-safe bowl. (Save any remaining for another time.)

Add cheese wedge, breaking it into pieces. Add 1/8 tsp. garlic powder and 1/8 tsp. onion powder. Mix until cheese has melted and evenly coated squash strands. (If needed, warm in the microwave.) Cover to keep warm.

Place chicken in a wide bowl, and coat one side with egg whites.

In another wide bowl, combine breadcrumbs, Parm, cayenne pepper, and remaining 1/8 tsp. each garlic powder and onion powder. Mix well.

Shake chicken to remove excess egg whites, and generously cover the egg-white-coated side with seasoned breadcrumbs.

Bring a skillet sprayed with nonstick spray to medium heat. Beginning with the breaded side down, cook chicken for about 4 minutes per side, until cooked through.

Meanwhile, in a small bowl, mix hot sauce with 1/2 tsp. water. Evenly drizzle sauce over the chicken in the skillet. Sprinkle with mozzarella cheese.

Reduce heat to low, and cover skillet. Cook for 2 minutes, or until until cheese has melted. Serve with cheesy squash.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe

values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.

Publish Date: November 3, 2015

Author: Hungry Girl

Copyright © 2020 Hungry Girl. All Rights Reserved.