



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

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

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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

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