



## HG's Chicken Piccata with Spaghetti Squash



Entire recipe: 321 calories, 7.5g total fat (2g sat. fat), 750mg sodium, 22g carbs, 4g fiber, 5.5g sugars, 34.5g protein

**Prep:** 20 minutes    **Cook:** 25 minutes

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### Ingredients

1 spaghetti squash (you'll only use about 1/4th of it)  
2 tsp. [light whipped butter or light buttery spread](#) (like I Can't Believe It's Not Butter! Light or Brummel & Brown)  
1/4 tsp. plus 1/8 tsp. garlic powder  
1/8 tsp. plus 1 dash each salt and black pepper  
1 tbsp. whole-wheat flour  
One 5-oz. raw boneless skinless chicken breast cutlet, pounded to 1/4-inch thickness  
1/4 cup low-sodium chicken broth  
3/4 tsp. cornstarch  
2 tbsp. dry white wine  
1 1/2 tsp. capers, drained  
1 tsp. lemon juice

### 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 spaghetti squash strands. Thoroughly blot dry, removing as much moisture as possible. Measure out 1 1/4 cups, and place in a medium bowl. (If needed, repeat process with another squash quarter. Save any remaining for another time.) Add 1 tsp. butter, 1/4 tsp. garlic powder, and dash each salt and black pepper. Mix well. Cover to keep warm.

In a wide bowl, mix flour with remaining 1/8 tsp. garlic powder.

Season chicken with remaining 1/8 tsp. each salt and black pepper. Thoroughly coat chicken with the seasoned flour, pressing firmly to help it adhere.

Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until golden brown and cooked through. Place chicken over spaghetti squash, and re-cover to keep warm.

To make the sauce, in a small nonstick pot, combine broth with cornstarch, and stir to dissolve. Add wine, capers, lemon juice, and remaining 1 tsp. butter. Stir well. Set heat to medium low. Stirring frequently, cook until sauce is slightly thickened and bubbly, about 3 minutes.

Pour sauce over chicken and spaghetti squash.

**MAKES 1 SERVING**

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