



## Italian Spaghetti Squash Salad



1/4th of recipe (about 2 1/3 cups): 239 calories, 6.5g total fat (1.5g sat fat), 699mg sodium, 25g carbs, 5.5g fiber, 11g sugars, 21.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 20 minutes    **Cook:** 50 minutes

**Cool:** 20 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

### Ingredients

1 spaghetti squash (at least 4 1/2 lbs.)  
8 oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness  
1/8 tsp. each salt and black pepper  
2 sticks light string cheese, cut into coins  
1 1/2 cups seeded and chopped tomatoes  
1 cup chopped red onion  
1 cup chopped green bell pepper  
1/2 cup artichoke hearts packed in water, drained and roughly chopped  
1/3 cup light Italian dressing  
1/4 cup chopped basil  
1 oz. (about 16 slices) turkey pepperoni, chopped <

### Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or 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. (For alternative cooking methods, see below.)

Meanwhile, bring a large skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper. Cook for about 4 minutes per side, until cooked through.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible. Let cool completely, about 20 minutes.

Scoop 5 cups of cooked squash into a large bowl. (Reserve any extra squash for another time.) Chop chicken, and add to the bowl. Cover and refrigerate until chilled, at least 1 hour.

Add remaining ingredients to the bowl. Mix thoroughly.

Keep refrigerated, and pack your lunchtime serving with an ice pack.

MAKES 4 SERVINGS

**HG Alternatives:** [Click here](#) for an easy slow-cooker method for cooking spaghetti squash. If you want to save some time, go the microwave-only route. Here's how... After nuking it to soften, cut squash into quarters. Remove seeds, and place one quarter in a wide microwave-safe bowl, cut side down. Add 2 tbsp. water, cover, and cook for 8 minutes, or until soft. Repeat.

**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**®

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Author: Hungry Girl

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