



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

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.

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