



Mediterranean Spaghetti Squash with Chicken



1/4th of recipe (about 1 2/3 cups veggies with 3 1/2 oz. chicken): 254 calories, 6.5g total fat (3g sat. fat), 587mg sodium, 18.5g carbs, 5g fiber, 7.5g sugars, 31g protein

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

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



Ingredients

1 lb. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. each salt and black pepper
6 cups roughly chopped spinach leaves
5 cups cooked spaghetti squash, drained of excess moisture
1 1/2 cups chopped tomato
1/4 cup chopped fresh basil
1/2 cup crumbled feta cheese
Optional seasonings: additional salt and black pepper

Directions

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Season chicken with 1/2 ts garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. each salt and pepper. Cook for about 4 minutes per side, until cooked through. Transfer to a cutting board.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium heat. Cook and stir spinach until slightly wilted, about 2 minutes.

Add spaghetti squash, tomato, and basil to the skillet. Sprinkle with remaining 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. each salt and pepper. Cook and stir until hot and well mixed, about 5 minutes.

Transfer skillet contents to a large bowl. Sprinkle with feta. Slice chicken, and serve over cheese-topped veggies.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.