



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

Green Plan [SmartPoints](#)® value 4*

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

Tagged: [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

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.)

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