



Noodle-Free Chicken Tetrazzini



1/6th of recipe (about 1 3/4 cups): 334 calories, 9.5g total fat (4.5g sat. fat), 772mg sodium, 27.5g carbs, 5g fiber, 11g sugars, 30.5g protein

Prep: 45 minutes **Cook:** 45 minutes

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



Ingredients

- 1 spaghetti squash (at least 3 1/2 lbs.)
- 1 lb. raw boneless skinless chicken breast (or *HG Alternative*)
- 1/2 tsp. each salt and black pepper
- 3 cups sliced mushrooms
- 2 cups frozen peas
- 1 1/2 cups chopped onion
- 1/2 cup fat-free chicken broth
- 1/4 cup dry sherry
- 2 tbsp. all-purpose flour
- 1/2 cup light sour cream
- 4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
- 1 tbsp. chopped garlic
- 1/4 tsp. ground thyme
- 1/2 cup plus 2 tbsp. grated Parmesan cheese
- 1/4 cup panko breadcrumbs
- Optional: salt-free seasoning mix

Directions

Preheat oven to 375 degrees. Spray a baking sheet and a 9" X 13" baking pan with nonstick spray.

Microwave squash for 6 minutes, or until soft enough to cut. Slice in half. Scoop out and discard seeds. Place one half in an extra-large microwave-safe bowl, cut side down. Add 1/4 cup water, cover, and cook for 7 minutes, or until soft. Repeat with remaining squash half.

Meanwhile, season chicken with 1/4 tsp. each salt, pepper, and (optional) salt-free seasoning. Bake chicken on the baking sheet until cooked through, about 20 minutes.

Once cool enough to handle, roughly shred chicken with two forks -- one to hold the chicken in place and the other to scrape across and shred it. Transfer to an extra-large bowl, and cover to keep warm.

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. Transfer 5 cups to the extra-large bowl, and re-cover to keep warm. (Reserve any extra squash for another time.)

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, peas, and onion. Cook and stir until mushrooms and onion have slightly softened and peas are hot, 6 - 8 minutes. Blot away excess moisture. Transfer to the extra-large bowl. Thoroughly stir, and re-cover to keep warm.

In a small nonstick pot, mix broth with sherry. Whisk in flour. Set heat to medium high. Whisking constantly, cook until slightly thickened, 1 - 2 minutes. Remove from heat. Add sour cream and cheese wedges, breaking the wedges into pieces. Whisk until uniform. Add garlic, thyme, remaining 1/4 tsp. each salt and black pepper, and 1/2 cup Parmesan cheese. Stir well.

Add sauce mixture to the bowl, and stir to coat. Transfer mixture to the baking pan, and smooth out the top. Sprinkle with panko and remaining 2 tbsp. Parm.

Bake until hot and bubbly, about 15 minutes.

MAKES 6 SERVINGS

HG Alternative: To save some time, buy precooked chicken (the less sodium, the better), and finely chop or roughly shred it.

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