



Spinach Artichoke Chicken Spaghetti Squash



1/5th of recipe (about 1 1/2 cups): 279 calories, 11g total fat (5.5g sat. fat), 674mg sodium, 18.5g carbs, 5g fiber, 6.5g sugars, 28g protein

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Prep: 15 minutes **Cook:** 55 minutes



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Ingredients

- 1 spaghetti squash (about 4 lbs.)
- 1/4 tsp. each salt and black pepper
- 4 cups roughly chopped spinach
- 1 tbsp. chopped garlic
- One 14-oz. can (about 1 1/2 cups) artichoke hearts, drained and chopped
- 12 oz. cooked and chopped skinless chicken breast
- 3/4 cup light/reduced-fat cream cheese
- 2 1/2 tbsp. grated Parmesan cheese

Directions

Preheat oven to 400 degrees.

Pierce squash a few times with a fork or knife. Microwave for 6 minutes, until soft enough to cut. Halve lengthwise. Scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down. Bake until tender, about 40 minutes.

Once cool enough to handle, scrape out squash strands with a fork. Drain in a strainer to remove excess moisture. Transfer 5 cups to a large bowl. (Reserve any extra squash for another time.) Sprinkle with salt and pepper. Cover to keep warm.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add spinach and garlic. Cook until spinach has wilted, about 2 minutes. Reduce heat to medium low. Add remaining ingredients. Cook and stir until cheese has melted and coated veggies and chicken, about 3 minutes.

Add skillet contents to the bowl of spaghetti squash, and mix well.

MAKES 5 SERVINGS

HG Alternative: Cook your spaghetti squash in the microwave or slow cooker — [click for info!](#) And for easy ways to cook up a big batch of chicken, [click right here](#).

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