

# Chicken Spaghetti Squash

## Ingredients

### Spaghetti squash

- 2 medium spaghetti squash
- 2 tablespoons olive oil
- salt and pepper

### Chicken

- 2 tablespoons olive oil
- 1 lb skinless boneless chicken thighs or breasts
- ½ teaspoon smoked paprika
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### Veggies

- 10 oz fresh spinach
- 4 cloves garlic minced
- 6 oz cherry tomatoes halved
- 6 oz crumbled feta cheese

## Instructions

### How to roast spaghetti squash

1. Preheat oven to 400 Fahrenheit. Line the baking sheet with parchment paper.
2. Cut the squash in 2 halves, scrape out the seeds and the fiber out of each half. Repeat with a second squash.
3. (**Note:** before cutting each squash, you can microwave it. In this case, make large slits with a knife in a spaghetti squash along the line where you will slice it in half. Then, microwave the whole squash for about 5 or 10 minutes to soften it a bit. Then cut each squash in half.)

4. Drizzle olive oil over the cut sides and inside of the squash. Generously season with salt and pepper.
5. Place the 4 squash halves on the prepared baking sheet cut side down.
6. Bake for about 30 or 40 minutes on the middle rack. Remove it from the oven when it's cooked through and soft. You can check by pulling the baking sheet out of the oven and piercing the squash with the fork - it should be soft.
7. Proceed with the rest of the recipe while the squash is in the oven.

## **Cook chicken**

1. In a large, high-sided skillet, heat 2 tablespoons of olive oil. Add chicken seasoned generously with smoked paprika, dried oregano, salt and pepper.
  2. Cook the chicken on medium heat on both sides for about 10 or 20 minutes until the chicken is completely cooked through.
  3. Remove chicken from the skillet and slice it thinly.

## **Make a veggie mixture**

1. To the same, now empty, skillet (with juices from chicken), add fresh spinach, halved cherry tomatoes, and minced garlic. Cook the spinach on medium heat for about 5 or 10 minutes until it wilts.
  2. Add crumbled feta cheese and mix to combine.
  3. Season the veggie mixture with salt and pepper.

## **How to stuff spaghetti squash**

1. By this time, you have roasted the spaghetti squash for 30 or 40 minutes. Remove it from the oven and turn cooked squash halves cut sides up. Let it cool slightly.
  2. Divide the veggie mixture among the 4 halves and stuff the squash until the mixture is leveled. Top with the reheated cooked sliced chicken.