

LiveWell

Stuffed spaghetti squash

Yield: 4 servings



Ingredients:

2 spaghetti squash
Vegetable oil spray
1/2 tsp paprika
1/2 tsp cumin

Filling:

Meat:

1/2 pound ground chicken breast
1/4 tsp garlic powder
1/4 tsp onion powder
1/2 tsp ground cumin
1/4 tsp paprika

Vegetables:

1 tsp vegetable oil
1 medium yellow onion, diced
1 orange bell pepper, diced
3/4 cup frozen corn
1/4 tsp garlic powder
1/4 tsp onion powder
1/2 tsp cumin
1/4 tsp salt
3/4 tsp paprika
2 cups fresh spinach
1 cup cherry tomatoes, cut in half
1/4 cup lime juice
3 Tbsp honey
1/2 tsp dried oregano
1/2 cup shredded part-skim mozzarella

Directions:

1. Preheat oven to 400° F. Poke holes in squash with a knife or fork and microwave for 5-7 minutes until slightly soft. While squash is cooking, line baking sheet with aluminum foil.
2. Once squash are soft, carefully cut each in half lengthwise and remove seeds. Coat squash evenly with vegetable oil spray and sprinkle with paprika and cumin. Place squash cut side down on baking sheet. Bake for 30-35 minutes. Remove from oven and allow to cool.
3. While squash is baking and cooling, make the filling: Season ground chicken with garlic powder, onion powder, cumin, and paprika. Cook meat in a large skillet over medium to high heat until it reaches an internal temperature of 165° F. Remove meat from pan and set aside.
4. To make vegetable mixture, in the same pan, heat oil over medium heat and add diced onion, bell pepper, and corn. Add garlic powder, onion powder, cumin, salt, and paprika. Cook until onions are translucent, about 5-8 minutes. Add spinach and tomatoes. Cook until spinach is wilted. Add cooked chicken, lime juice, honey, and oregano into the mixture. Stir mixture to incorporate sauce.
5. Preheat broiler. Loosen spaghetti squash fibers with a fork, being careful not to rip skin to keep the boat shape. Divide filling between the 4 squash halves and mix lightly. Sprinkle 1/4 of the cheese over each squash half. Broil for 5-10 minutes, until cheese is toasted.

Nutrition information per serving:

Calories: 323

Fat: 9 grams

Saturated fat: 2.5 grams

Cholesterol: 40 mg

Sodium: 382 mg

Carbohydrates: 17 grams

Fiber: 9 grams

Protein: 22 grams

Food exchanges:

3 vegetables

2 protein