
Spaghetti Squash Bowl



Servings: 2

1 each spaghetti squash
1 tablespoon garlic, minced
2 tablespoons butter
1 tablespoon extra virgin olive oil
1/2 each red onion, chopped 1/4
1 each red bell pepper, chopped 1/4
1 1/2 cups spinach
8 ounces chicken breast half without skin, cooked
1/4 cup pesto sauce
1 cup mozzarella cheese, shredded
salt and fresh cracked pepper

Pre-heat oven to 400 degrees

Cut squash in half lengthwise and scoop out seeds, Discard the seeds

Place on a rimmed oven tray with the inside facing up. Rub the inside with the minced garlic season with salt and pepper and place the butter into the squash .

Bake in the oven for 45min to 1 hr. Use a pair of tongs and squeeze the sides when it is soft the squash is done.

Remove from the oven and let rest. Using a fork slightly shred the inside of the squash to absorb the butter. Do not shred all of it, you want about a 1/2 inch rim around the outside.

While the squash is cooking heat a large saute pan add oil and saute peppers and onions until soft

Next add the spinach and chicken. Cook until the spinach is wilted and add the pesto. Take off the heat.

Next stir in half of the cheese. Fill in the squash with the chicken mixture. Sprinkle the rest of the cheese on top.

Place back in the oven for 15 to 20 minutes.

Per Serving (excluding unknown items): 652 Calories; 48g Fat (65.5% calories from fat); 40g Protein; 17g Carbohydrate; 3g Dietary Fiber; 143mg Cholesterol; 647mg Sodium. Exchanges: 5 1/2 Lean Meat; 2 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.