



INGREDIENTS

- 2 spaghetti squash
- Vegetable oil spray
- ½ tsp paprika
- ½ tsp cumin

Filling

Meat:

- ½ pound ground chicken breast
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp ground cumin
- ¼ paprika

Filling

Vegetables:

- 1 tsp vegetable oil
- 1 medium yellow onion, diced
- 1 orange bell pepper, diced
- ¾ cup frozen corn
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp cumin
- ¼ tsp salt
- ¾ tsp paprika
- 2 cups fresh spinach
- 1 cup cherry tomatoes, cut in half
- ¼ cup lime juice
- 3 tbsp honey
- ½ tsp dried oregano
- ½ cup shredded mozzarella

Nutrition Information:

Calories: 323, Total Fat: 9g, Saturated Fat: 2.5g, Cholesterol: 40mg, Sodium: 382mg, Total Carbohydrates: 17g, Fiber: 9g, Protein: 22g

DIRECTIONS (Yields 4 servings)

1. Preheat oven to 400 degrees. Poke holes in squash with a fork and microwave for 5 – 7 minutes until slightly soft. While squash is cooking, line baking sheet with aluminum foil. 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 cut side down on baking sheet. Bake for 30 – 35 minutes. Remove from oven to cool.
2. While squash is baking and cooling, make the filling. Season ground chicken with seasons listed under Meat. Cook meat in a large skillet over medium to high heat until it reaches an internal temperature of 165 degrees. Remove meat from pan and set aside.
3. Make vegetable mixture, in the same pan, heat oil over medium heat and add diced onion, bell pepper, and corn. Add seasons listed under vegetables. 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. Mix to incorporate sauce.
4. Preheat broiler. Loosen spaghetti squash fibers with fork being careful not to rip skin to keep the bowl shape. Divide filling between the 4 squash halves and mix lightly. Sprinkle ¼ of the cheese over each squash half. Broil for 5 – 10 minutes until cheese is toasted.