

Spaghetti Squash with Chicken, Sundried Tomatoes, Kale & Pecans

Serves: 2

INGREDIENTS:

1 medium spaghetti squash
1 lb organic, boneless chicken thighs
1/3 cup sundried tomatoes
1/4 cup pecans or walnuts
Kale

Optional:

Pesto or Marinara sauce



Serving size: 1/2 spaghetti squash + 1 cup chicken + sauce on top

INSTRUCTIONS:

1. Preheat the oven to 400 degrees.
2. Carefully cut the spaghetti squash in half lengthwise. Scoop out the seeds using a spoon like a pumpkin. Spray with non-stick spray and place cut-side down on a baking tray. Pop in the oven for 30-40 minutes until a fork easily pierces through the outer skin.
3. Meanwhile, cook off the chicken thighs on the stove top over medium heat, seasoned with salt and pepper.
4. Start a second little pan on the stove top to toast the nuts. Simply add to the pan over low heat. Shake every min or so until slightly toasted. Remove from heat and set aside.
5. When squash is done, take it out of the oven and flip it over to cool. When you can handle it, drag a fork down the side to create spaghetti-like strands. Put into a pan on the stove top. Toss in the nuts, chicken, sundried tomatoes and kale. Season with salt and pepper. Toss in sauce of choice and again toss all together!