

BBQ Chicken Spaghetti Squash

Recipe adapted from Peas and Crayons Recipe

Ingredients

- 1 medium spaghetti squash
- (optional) 1/4-1/2 green bell pepper (diced)
- (optional) 1/4 red or white onion (sliced or chopped)
- 1 15oz can chicken chunks or 2 cups of cooked and chopped chicken
- 1/3 cup favorite bbq sauce
- 2 oz shredded Taco Cheese Blend (or favorite shredded cheese)

Instructions

1. Pre-heat oven to 400 degrees F.
2. Slice your spaghetti squash in half lengthwise and scoop out the seeds. For easy cutting, feel free to stick each squash in the microwave for 4-5 minutes to soften it up just a tad. The knife slides through way easier this way!
3. Grab a lipped baking sheet and set squash on it. Rub the cut side of the squash with a little bit of oil. This will help keep the squash from drying out while cooking. Turn the squash upside down and roast for about 40 minutes or until tender and easily pierced with a fork.
4. Prep your chicken and veggies while the squash is roasting. If using canned chicken, remove the liquid and rinse before using. Add 1/3 cup of your favorite barbecue sauce to the chicken and mix well.
5. Heat a skillet on medium-high heat with a drizzle of oil and sauté your vegetables to soften until tender. Add to BBQ chicken and mix.
6. Once squash is roasted, allow to cool until easy to handle and scrape the inside of your squash with a fork to pull out strands of squash. Remove about 1/2-3/4 the spaghetti squash strands from both halves of the squash and toss together with your chicken and veggie mixture and a little bit of your cheese.
7. Stuff back into your squash boat (load 'em up!) and top with the remaining cheese.
8. Bake at 350 degrees F for 10-15 minutes or Broil for 3-5 minutes or until golden and bubbly.
9. Top with an extra drizzle of barbecue sauce and serve.