

RECIPE OF THE WEEK

Buffalo Chicken Stuffed Spaghetti Squash

Ingredients

- 1¼ lb chicken breast – cooked and shredded
- 1 medium spaghetti squash – halved (about 2-2½ lb)
- 2 ribs celery – thinly sliced
- 2 green onions – thinly sliced white and green parts

- ½ cup red bell pepper – diced
- ½ cup buffalo sauce
- ¼ cup Walden Farms Ranch Dressing (optional)
- ¼ cup crumbled blue cheese (for Maintenance)



Preparation

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper and set aside.
3. Slice both ends from squash and discard.
4. Stand squash up on one of its cut ends and use a large knife to cut the squash in half lengthwise.
5. Scoop seeds and stringy insides out using a large spoon. Then, place squash cut-side down on the baking sheet.
6. Bake for 30-40 minutes or until squash is tender. Baking time will depend on the size of your squash (larger squash requiring a longer cook time).
7. When squash is tender, allow it to cool slightly. Then use a fork to gently scrape the squash flesh into a large bowl. Reserve the squash shells.
8. While squash is roasting, cook the chicken.
9. Cooking in instant pot: Insert the rack into the inner pot. Add 1 cup water or broth and lay the chicken on the rack. Secure the lid and select 'Poultry' in settings and set time to 17 minutes (19 minutes if the breasts are really thick). At the end of the cooking time, allow pressure to naturally release for 5 minutes then flip the vent valve and release any remaining pressure.
10. Cooking on stovetop: Place a medium skillet over medium-high heat. Add 1 tsp. avocado oil/olive oil/coconut oil and swirl the pan to coat with the oil. Add chicken and ½ cup of water. Once the water starts to simmer, reduce heat and cover. Cook chicken for 15-18 minutes or until cooked through. Move chicken to a cutting board to cool off slightly. Use two forks to shred chicken.
11. In a large bowl, place squash shreds, shredded chicken, celery, green onions, bell pepper, and buffalo sauce and mix to coat well.
12. Spoon the squash-chicken mixture into the reserved squash shells.
13. Place the stuffed shells on the baking sheet and bake in 350°F on oven for 10-15 minutes or until heated through.
14. Drizzled with ranch dressing and top with crumbled blue cheese (Maintenance only), if desired. Serve and enjoy!

