



PESTO CHICKEN SPAGHETTI SQUASH

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Grilled Chicken Breast, sliced	5 Oz.	Grated Parmesan Cheese	1 Tbsp.
Cooked Spaghetti Squash	1½ Cups	Olive Oil (Optional)	1 Tsp.
Cherry Tomatoes, halved	½ Cup	Clove Garlic, Minced	1
Spinach	1 Cup	Salt and Pepper, to taste	
Basil Pesto	1 Tbsp.	Fresh Basil for Garnish (Optional)	
SERVING SIZE	1		

PREPARATION

- 👉 Preheat oven to 400°F if preparing spaghetti squash fresh. Cut squash in half lengthwise, remove seeds, and roast cut-side down for 35-45 minutes until tender. Scrape strands with a fork.
- 👉 If using pre-cooked spaghetti squash, warm it gently before assembling the recipe.
- 👉 Heat a skillet over medium heat and add olive oil, if using.
- 👉 Add garlic and sauté for 30 seconds until fragrant.
- 👉 Add spinach and cook until wilted.
- 👉 Add spaghetti squash and cherry tomatoes to the skillet and stir until warmed through.
- 👉 Add pesto and mix until the squash and vegetables are evenly coated.
- 👉 Top with sliced chicken and sprinkle with Parmesan cheese.
- 👉 Garnish with fresh basil if desired and serve warm.