



## Spaghetti Squash with Roasted Chicken & Sun-Dried Tomato Sauce

**Prep: 15 minutes plus cooling**

**Cook: 5 minutes • Serves: 4**

- 1 spaghetti squash (about 3½ pounds)
- 1 jar (6.7 ounces) sun-dried tomatoes in olive oil
- 1 pint cherry tomatoes, halved
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 cups chopped roasted chicken
- Chopped fresh basil for garnish (optional)

**1.** With fork, pierce spaghetti squash several times on each side to vent. On large microwave-safe plate, heat squash in microwave oven on high 12 minutes or until squash feels slightly soft when squeezed, turning once. Cool 10 minutes.

**2.** In blender, purée sun-dried tomatoes with oil, tomatoes, water, salt and pepper until smooth; transfer to large skillet. Cook tomato mixture over medium-high heat 2 minutes; add chicken and cook 3 minutes or until heated through, stirring occasionally.

**3.** Cut squash lengthwise in half; remove seeds. With fork, shred squash into spaghetti-like strands onto large microwave-safe plate. Heat squash in microwave oven on high 1 minute or until heated through. Serve squash topped with chicken mixture; sprinkle with basil, if desired.

*Approximate nutritional values per serving:*

*537 Calories, 34g Fat (7g Saturated), 92mg Cholesterol, 711mg Sodium, 27g Carbohydrates, 6g Fiber, 13g Sugars, 0g Added Sugars, 32g Protein*

### **Chef Tip**

*Serve sprinkled with crumbled feta cheese for added flavor.*

### **Dietitian's Dish**

> *Using spaghetti squash or other spiral veggie noodles is a great way to add more nutrient-rich vegetables into a meal and reduce the carbohydrates.*