

## Spaghetti Squash & Salad with Yogurt

### Ingredients

1/2 Spaghetti Squash, cut in half and seeds removed  
 Coarse Salt  
 Freshly ground pepper  
 3 oz. Roasted Chicken Breast – skin removed  
 3 Green Onions, washed & dried  
 1 Yellow Bell Pepper, washed & dried  
 1 Orange Bell Pepper, washed & dried  
 1 Cucumber, washed & dried  
 1 Tomato, washed & dried  
 1 Head of Romaine Lettuce  
 4 oz. Fat Free Plain Yogurt

Ingredient	Calories	Fat
Squash	22	0.2g
Chicken	140	3.0g
Salad + Veggies	130	2.5g
Yogurt	70	0.0g
Total:	362	5.7g
Per Serving:	181	2.85g

### Directions

1. Preheat oven to 375 °F.
2. Sprinkle the squash with coarse salt and freshly ground black pepper.
3. Place cut side down on a rimmed 9" x 13" pan with 1/2" of water.
4. Bake squash for about 40 minutes, or until you can easily pierce the squash with a fork.
5. Remove from oven, discard water and allow squash to cool.
6. Dice the chicken, green onions, bell peppers and tomato.
7. Prepare bowl with Romaine and add the diced vegetables.
8. Quarter the cucumber lengthwise and cut into pieces.
9. Add to the salad.
10. Add yogurt and toss gently.
11. Use a fork to rake the squash into thin strips, and place into a separate bowl.
12. Serve salad with 1/2 cup of squash on the side.

Yield: 2 Servings

