



# Lemon Chicken & Spaghetti Squash

by Mel Boyajian

## Ingredients

for 4 servings

1 spaghetti squash

olive oil

sea salt, to taste

black pepper, to taste

2 chicken breasts, cut into 1-2 in (2-5 cm) pieces

## SAUCE

1 medium yellow onion, diced

4 cloves garlic, minced

½ teaspoon sea salt

¼ teaspoon black pepper

3 cups cherry tomato, halved (600 g)

½ lemon, juiced

1 cup chicken broth (240 mL)

8 oz baby spinach (225 g)

## Nutrition Info

Shop ingredients with  
 Walmart Grocery Pickup

Calories **234**

Fat **10g**

Carbs **10g**

Fiber **3g**

Sugar **5g**

Protein **26g**

Estimated values based on one serving size.

## Preparation

- 1** Preheat the oven to 400°F (200°C).
- 2** Poke several holes in the spaghetti squash around the lengthwise center of the squash. Microwave on high for 5 minutes.
- 3** Cut the squash in half along the holes. Remove the seeds and pulp with a spoon. Drizzle the squash with olive oil, and season with salt and pepper.
- 4** Place the squash cut-side down on baking sheet and bake for 40 minutes, until tender. Let cool.
- 5** Heat a bit of olive oil in a medium skillet over medium high heat. Add the chicken breast and cook for 6-8 minutes, until the chicken is golden brown and cooked through. Remove the chicken from the pan and set aside.
- 6** Add a bit more oil and the onion and sauté for a few minutes, until starting to brown. Add the garlic and cook for 1 minute, until fragrant.
- 7** Add the salt, pepper, and tomatoes and cook for a couple minutes, until the tomatoes start to release their juices.
- 8** Add the lemon juice and chicken broth and cook until the liquid reduces by about half, 20 minutes.
- 9** Add the chicken and cook for 2 minutes, then add the spinach and cook for 2 minutes, until wilted. Remove the pan from the heat.
- 10** Using 2 forks, shred the spaghetti squash and scoop out onto serving plates.
- 11** Pour the sauce over the squash. Serve immediately.
- 12** Enjoy!