

Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

Creamy Chicken Spaghetti Squash

Ingredients

- Large Spaghetti Squash
- Tablespoon Ghee or Coconut Oil
- Garlic Cloves (minced)
- 2 Large Shallots (thinly sliced)
- 4 Tablespoon Sun-Dried Tomatoes julienne sliced (in olive oil)
- 1/2 cup chopped Mushrooms (optional)
- 1 Pound chicken breast, (boneless, skinless and diced small)*
- 1 Teaspoon Sea salt
- 1/2 Teaspoon Red Pepper Flakes (optional)
- 1 Teaspoon Dried Basil
- 1/2 Cup Canned Coconut Milk
- 1/2 -1 Cup Chicken Bone Broth or Veggie Broth

Time Saving Tip: Use pulled chicken from a roast chicken that you made earlier in the week.

Directions:

Preheat oven to 400°F

Cut spaghetti squash in half, lengthwise, discard seeds and place face down on a baking sheet. Bake for 35-40 minutes, until threads are easily removed from squash. Or, in a microwave safe dish place face down and cook in microwave for 12 minutes.)

Place a large sauté pan over medium - low heat. Add 2 tablespoons of coconut oil or ghee (or a combo of the two) to the pan. Once warm, add garlic cloves and shallots. Cook until garlic becomes fragrant. Add sun-dried tomatoes and cook for about 5 minutes.

Remove mixture, set aside on a plate, then add chicken, sprinkle with salt, red pepper flakes, and basil and brown on all sides.

Once browned (or if using pulled roast chicken, just brown until warmed through), add sun-dried tomato mixture back into the pan. Pour in coconut milk and broth (use 1/2 cup of broth now) and add about 1 teaspoon salt. Mix well. Add in spaghetti squash threads and mix until well combined. Turn heat to low and let simmer for about 8-10 minutes, or until mixture reduces and thickens. If too thick add more chicken broth to thin out a bit. Taste to see if you would like to add more salt. Salt and pepper to taste.

Serves: 4

Approx. 334 Calories, 19g Carbohydrate, 27g Protein, 17g Fat