

# Green Chile Chicken Enchilada Stuffed Spaghetti Squash



## Ingredients

- 1 spaghetti squash
- 1 1/2 cups cooked and shredded boneless skinless chicken breasts
- 1/2 cup green enchilada sauce, use a gluten-free version to make this recipe gluten-free
- 1 green onion, thinly sliced
- 4 ounces diced green chiles (canned)
- 1/2 cup frozen corn, defrosted
- 1 tablespoon chopped cilantro (optional)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup shredded cheddar or Monterey Jack cheese, I used a combination of both

## Instructions

### Spaghetti Squash

1. Preheat oven to 400 degrees and line baking sheet with foil.
2. Cut the spaghetti squash in half lengthwise, spray the inside with cooking spray and sprinkle with salt and pepper.
3. Place the squash cut side down on the baking sheet and roast until tender, about 30-40 minutes.
4. Let the squash cool for about 10 minutes before scooping out the strands with a fork and placing them in a bowl.
5. Reserve the squash skins placing them cut side up back on the foil lined baking sheet.
6. Use your hands to squeeze out excess liquid from the spaghetti squash strands, then return them to the bowl.

### Green Chile Chicken Enchilada Filling

1. Preheat your oven to broil.

2. In a small saucepan over medium heat stir together the enchilada sauce, green onion, green chiles, corn, cilantro and shredded chicken.
3. Once the mixture is warmed through remove from the heat and stir in the Greek yogurt.
4. Pour the enchilada filling in with the spaghetti squash strands and stir together until combined.
5. Scoop the filling back into the spaghetti squash shells and top with the shredded cheese.
6. Place the spaghetti squash back onto the baking sheet and broil in the oven until the cheese is melted, then serve.