

Buffaloed Spaghetti Squash

Ingredients

2 medium spaghetti squash
1 Tbsp extra virgin olive oil
2 cups cooked shredded chicken
1 cup shredded Monterrey Jack
2 Tbsp butter, melted
 $\frac{1}{3}$ cups hot pepper sauce
4oz cream cheese, softened
Pinch of black pepper

Directions

1. Preheat oven to 400°F.
2. Cut spaghetti squash lengthwise in half, remove seeds. Brush olive oil on the flesh of the spaghetti squash. Place face down on the lined sheet pan. Roast for 35 minutes.
3. In a large bowl, combine $\frac{3}{4}$ cup of shredded cheese, melted butter, hot sauce, cream cheese, and pepper. Mix with fork until well blended. Fold in shredded chicken.
4. Using a fork, scrape out the strands of spaghetti squash, making sure to preserve the squash shells. Mix the chicken mixture. Divide the stuffing evenly between the 4 squash halves. Top with remaining shredded cheese.
5. Turn down the 350°F. Place filled squash back on a baking sheet. Cover loosely with aluminum foil so the cheese does not stick. Bake for 10 – 15 min.

Handling & Storage

Store squash in a cool, dark place for up to a month. Once cut, wrap in plastic and refrigerate up to 5 days.

To prepare, rinse, and cut lengthwise. Remove and discard the seeds. Peel skin if desired.

Nutritional Information

Calories: 325

Total Fat: 18.9 g

Saturated Fat: 9.1 g

Trans Fat: 0.0 g

Cholesterol: 91 mg

Sodium: 542 mg

Total Carbohydrates: 15 g

Dietary Fiber: 0 g

Sugars: 0.1 g

Protein: 25.2 g

Serves: 4