Creamy Alfredo Spaghetti Squash With Chicken

INGREDIENTS:

- 1 medium spaghetti squash (4 to 5 pounds)
- 2 Tbsp. olive oil, divided
- 1 tsp. Italian seasoning
- 2 c. water
- 2 (6-ounce) cans of chicken or substitute 1/2 pound roasted or grilled chicken breast, cubed
- 1 tsp. garlic, minced
- 1 c. Alfredo sauce
- 1/2 c. Italian cheese blend

DIRECTIONS:

Cut squash in half lengthwise; remove the seeds. Brush each half with 1/2 Tbsp. olive oil. Sprinkle with Italian seasoning. Place squash in a slow cooker with the cut side up. Add water to the slow cooker. Cover and cook on low for six to seven hours or high for three to four hours until squash is easy to shred. If using canned chicken, drain and rinse to remove excess sodium. Heat 1 Tbsp. olive oil over medium heat in a skillet. Add chicken and garlic. Cook for about six minutes or until heated through. Remove squash from slow cooker and carefully shred with a fork, saving the skins. The strands should start to look like spaghetti. Place in a large bowl. Mix in cooked chicken. Add Alfredo sauce to chicken and squash mixture. Stir until combined. Place the mixture back into the skins on a baking sheet. Top with cheese. Place under broiler for approximately five minutes or until cheese is golden brown. Remove mixture from skins or serve as boats.

NUTRITION:

Makes four servings. Each serving has 370 calories, 19 grams (g) fat, 25 g protein, 26 g carbohydrate, 6 g fiber and 640 milligrams sodium.