

RECIPE

# Marinara Spaghetti Squash



Ready in **60 minutes**

Serves **4 people**

**315 calories**

**36g Protein**

**19g. Carbs**

**9g. Fat**

## Ingredients

- 1 lb. Chicken Breast
- 1 Jar Mezzetta Marinara Sauce
- 1 Spaghetti Squash
- 1 Green Bell Pepper
- 1 Tomato
- ½ Yellow Onion

## Preparation

1. **Pre heat oven to 350 degrees.**
2. Cut spaghetti squash in half and scrap out middle. Brush with a little avocado oil and sprinkle with S&P. Bake in oven for 20 min. Let cool.
3. **While squash is baking, cube chicken breast, dice onion, green pepper, and tomato.**
4. **Add chicken and onion to a warm skillet until brown. Once browned add green onion for a couple minutes.**
5. Pour sauce in skillet and mix well.
6. Scrap out squash with a fork once it's cooled in a baking dish of choice. Top squash with chicken mixture and tomato..
7. Bake in oven for 20 minutes.

## Tips

Serve with a side salad. A super easy option is a Dole Garden Salad mix, with toppings of choice.

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