

## Chicken Enchilada Spaghetti Squash



### Ingredients:

- 1 spaghetti squash, halved
- Salt and pepper to taste
- 8 ounces chicken breast
- 6 ounces of nonfat or low-fat, shredded cheese
- 1 cup yellow onion, medium

### Directions:

1. Spray baking sheet with oil.
2. Bake the halved spaghetti squash (cut side down) on baking sheet for 40 minutes at 400 degrees F.
3. Scrape the spaghetti out of the squash
4. Boil chicken until tender, then shred with 2 forks.
5. Salt and pepper chicken to taste.
6. Mix spaghetti squash, chicken, cheese, onion and tomato together and put mixture in the squash shells. Bake 25 mins at 350 F.

Makes 4 Servings



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