

Chicken Enchilada Spaghetti Squash

Serves 4-6

1 spaghetti Squash
Nonstick spray
Kosher salt
1 cup of cooked chicken shredded(See below)
1 cups enchilada sauce (red or green)
1 cup drained black beans
1 cup salsa
¼ cup diced bell pepper
3 green onions diced
1 tablespoon fresh cilantro
½ teaspoon cumin
½ teaspoon onion powder
½ teaspoon garlic
1 cup of shredded Mexican Cheese divided

Garnish with additional chopped green onions (optional)

Preheat oven to 350 degrees.

Cut the squash in half lengthwise and remove the seeds.

Spray a baking sheet with nonstick spray.

Sprinkle the inside of each squash half with salt, then invert onto a baking sheet.

Bake for 25 minutes. Remove squash from the oven and let rest.

In a large bowl combine all of the remaining ingredients except ½ cup of cheese.

Using a fork, pull the squash out of the shells and place in the bowl with the chicken.

Mix all of the ingredients together and place back into the squash shells.

Top with remaining cheese and place in the oven and cook for 20 minutes.

Serve with green onions sprinkled on top.