



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
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Cajun Spaghetti Squash

Serves 6

Ingredients:

- 2 small spaghetti squashes
- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts, chopped into small cubes
- 1 tablespoon olive oil
- 1 tablespoon + 1 teaspoon Cajun seasoning, divided
- ½ onion, chopped
- 2 cloves garlic, finely chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 3 roma tomatoes, diced
- 2 ounces reduced fat cream cheese
- 3 tablespoons shredded cheddar cheese

Directions:

1. Preheat the oven to 350° F. Cut each spaghetti squash in half lengthwise. Scoop out the seeds. Rub ½ tablespoon of olive oil on each half, roast for 30-45 minutes. Let the squash cool.
2. Add 1 tablespoon of olive oil to a very large sauté pan or skillet over medium-high heat. Once heated, add the chicken, Cajun seasoning, and sauté for 5-7 minutes, flipping the pieces once to brown on all sides. If needed, cook the chicken in batches.
3. In the same skillet, add the garlic, onion, and bell peppers and sauté for 2-3 minutes until softened. Then, add in the diced tomatoes and cream cheese. Stir gently until combined. Take the mixture off the heat and set aside.
4. Once the spaghetti squash is cool enough, use a fork to scrape the 'spaghetti' out of each half. Add the spaghetti squash to the chicken and vegetable mixture and combine. Stir in the remaining teaspoon of Cajun seasoning. Transfer the mixture to a 9 x 13-inch pan. Top with the cheddar cheese.
5. Bake at 350° for 20 minutes until the edges are slightly crispy.