

# Spaghetti Squash with Chicken, Mushrooms, and Spinach

## Ingredients:

- 1 tablespoon olive oil1 (3.5-pound) spaghetti squash , divided
- 2 slices center-cut bacon, chopped
- 1 pound chicken breast, cut into bite size pieces
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1.5 cups chopped onion
- 3 garlic cloves, minced
- 1 poblano pepper
- 8 ounces sliced crimini mushrooms
- 1 teaspoon Italian Seasoning
- 1/2 cup dry white wine
- 2 tablespoons tomato paste
- 1/4 cup julienne sun-dried tomatoes, packed without oil
- 1 1/4 cup fat-free, less-sodium chicken broth
- 6 ounces fresh spinach, chopped
- 1/2 cup grated fresh Parmesan cheese, divided

## Directions:

1. Preheat broiler.
2. Cut poblano in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 5 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 5 minutes. Peel and chop.
3. Reduce oven temperature to 400 °.
4. Cut squash in half lengthwise; discard seeds. Place squash halves cut side down in a 13x9-inch baking dish. Add water to measure 1/2-inch deep. Bake at 400 ° for 45 minutes. Turn squash over; bake an additional 15 minutes or until tender; cool. Scrape inside of squash with a fork to remove strands to measure 6 cups. Keep warm.
5. Heat 1 1/2 teaspoons oil in a large non-stick skillet over medium heat. Add bacon to pan; cook until crisp. Remove bacon from pan. Cool and crumble. Increase heat to medium-high; sprinkle chicken evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken to drippings in pan and cook 4 minutes; remove from pan.
6. Heat remaining 1 1/2 teaspoons oil over medium-high heat. Add onion to pan and cook 3 minutes or until soft, stirring frequently. Add remaining 1/2 teaspoon salt, 1/4 teaspoon pepper, reserved bacon, poblano, garlic and Italian seasoning to pan; cook 1 minute. Stir in mushrooms and cook 4 minutes or until softened, stirring occasionally. Add wine to pan and cook 3 minutes or until liquid evaporates, stirring occasionally. Add tomato paste and cook 1 minute stirring constantly. Add reserved chicken, chicken broth, tomatoes, and spinach to pan. Cook 2 minutes or until spinach wilts, stirring constantly; stir in 1/4 cup cheese. Place about 1 cup squash on each of 6 plates; top each serving with about 1 cup chicken mixture and 2 teaspoons remaining cheese.

2917 calories, 48 carbs, 95g fat, 164g protein, 3426mg sodium, 64g sugar