



Buffalo Chicken Spaghetti Squash Bake

Ingredients:

- 4 cups spaghetti squash, shredded (one medium spaghetti squash)
- 14 oz. chicken, baked and shredded
- 4 tsp olive oil
- 2 eggs
- ½ tsp onion powder
- ¼ tsp pepper
- ½ tsp garlic powder
- 1/3 cup Frank's Red Hot

Directions:

1. Preheat oven to 400°F.
2. Cook spaghetti squash. FOR MICROWAVE: Fill a microwave safe glass dish with 1 inch of water. Slice Squash in half and place face down in water. Microwave on high for 10 minutes until cooked. Remove from microwave and shred squash. FOR INSTANT POT: Slice squash, put in pot with 1 cup of water. Cover and set pot to sealing for 5 minutes. Manually release the pressure and shred cooked squash with fork.
3. While squash is cooking, make shredded chicken. Follow these directions for the instant pot or boil on the stove for 10 minutes or buy a rotisserie chicken and shred.
4. In a bowl, mix olive oil, eggs, spices and Frank's Red Hot. Whisk until combined.
5. Add cooked spaghetti squash, shredded chicken and spice and sauce mixture to a bowl and stir until combined.
6. Pour mixture in a greased 8 by 8 baking dish. Bake at 400 for 25 minutes or until top starts to brown. You can broil for 1 minute to get a crispy top.
7. Add some Diet Right Cheese Dip (make sure you count this as ½ product)

Servings: makes 2 servings.

Each serving = 2 cups occasional vegetables, 8 oz. lean protein, 2 tsp. healthy fat.

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