



Spaghetti Squash Alfredo with Chicken

Recipe www.lexiscleankitchen.com

Ingredients:

1 spaghetti squash, roasted
1 large onion, sliced
2 TBSP butter
2 garlic cloves, minced
1 pound boneless chicken breasts, cubed
½ cup olive oil type mayonnaise
2 TBSP milk (regular, almond, or soy)
½ tsp garlic powder
½ tsp onion powder
Pinch of salt, more to taste if needed
Pinch of red pepper flakes, more to taste
½ cup fresh parmesan cheese
Chopped fresh parsley, for garnish

Steps:

- Preheat oven to 400°.
- Slice spaghetti squash in half and scrape out seeds. Drizzle with extra-virgin olive oil and place face down on a lined baking sheet and roast for 30 minutes or until fork tender.
- Make caramelized onions: In a skillet heat 1 TBSP of butter with onions. Sauté on medium-low heat until onions begin to caramelize and brown, but not burn. Yields about 1 cup of caramelized onions.
- In a skillet over medium heat, heat butter and sauté garlic for 1 minute. Season chicken with salt and pepper and add into the skillet. Let cook for 6 minutes, or until no pink remains, flipping halfway through.
- Add in mayo, milk and spices. Mix to combine
- Add in caramelized onions and spaghetti squash. Toss to combine. Add the parmesan cheese and adjust as desired.
- Garnish with fresh parsley and serve hot.



Nutritional Facts: per serving Calories: 635, Carbohydrates: 50 grams, Protein: 34 grams, Total Fat: 35 grams, Saturated Fat: 9 grams, Cholesterol: 127 mg, Sodium: 550 mg, Fiber: 10 grams, Total Sugars: 19 grams.