

Eat Smart • Move More

Buffalo Chicken Spaghetti Squash

Prep Time: 15 minutes

Total Time: 1 hour

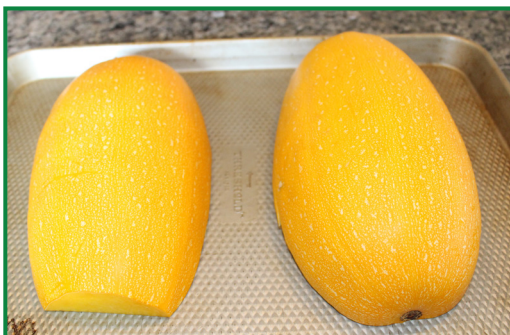


Ingredients

- 1 spaghetti squash, halved and seeded
- 5 tablespoons distilled vinegar
- 1 teaspoon ground cayenne pepper
- ½ teaspoon salt
- 1 ¼ pounds chicken thighs, cooked and shredded
- 2 celery stalks, thinly sliced
- ½ bell pepper, diced
- 2 green onions, thinly sliced



Directions



1. Heat oven to 350°F.
2. Place spaghetti squash cut-side down on a baking sheet or pan. Bake for 30-40 minutes or until squash is tender.



3. While the squash is cooking, combine vinegar, cayenne pepper, and salt in a mixing bowl to make homemade hot sauce.



4. Once the squash is done cooking, allow to cool slightly before using a fork to gently scrape the squash strands into the mixing bowl. Reserve the squash shells.



5. Combine remaining ingredients. Toss well to coat and spoon into the squash shells.
6. Return stuffed squash to the baking sheet or pan and cook for additional 10-15 minutes.

Nutrition Facts

6 servings per container

Serving size **1 serving**
(516.71g)

Amount per serving
Calories **250**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 170mg **7%**

Total Carbohydrate 29g **11%**

Dietary Fiber 7g **25%**

Total Sugars 11g

Includes g Added Sugars

Protein 21g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 2.2mg 10%

Potassium 740mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://therealfoodrds.com/>)

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