

Roast Chicken with Spaghetti Squash

The Ingredients

4-Boneless Skinless Chicken Breasts

Drizzle avocado oil

Pinch salt and pepper

Spice rub-4 tbsp Italian seasoning

1 tsp garlic powder

1 tsp mustard powder

1 spaghetti squash, sliced in half lengthwise

The Method

1. Preheat oven to 375 degrees.
2. Spray sheet pan with cooking spray.
Place chicken breasts on it leaving space in between. Place squash halves flesh side down on pan.
3. Drizzle all with oil.
4. Sprinkle chicken with rub/spices and put whole sheet pan in oven for 20-30 mins.
5. Remove from oven, plate chicken, and shred squash with forks or return to finish cooking if not tender yet. Then plate.



The Nutrition

Kcal: 195

Fiber: 2 g

Saturated fat: 3 g

Unsaturated fat: 10 g

Protein: 27 g

Added sugar: 0 g

