Creamy Taco Chicken Spaghetti Squash

HEARTY

YIELD 4 servings
ACTIVE 25 min
TOTAL ≈1 h 15 min
OVEN 400 °F (204 °C)
PER SERVING 577 kcal · 1,136 mg Na · 63 g protein

EQUIPMENT
Half sheet pan · Dutch oven, 6 qt

#	INGREDIENT	MASS	VOLUME	PROCEDURE
SQUASH				
1	Spaghetti squash, *≈2 medium*	1240 g	8 cups cooked	Preheat the oven to 400 °F (204 °C). Cut each squash in half lengthwise and scoop out the seeds. Set the halves cut side down on the sheet pan. Roast until tender, 40–50 min. Scrape the flesh into strands with a fork and measure out 8 cups.
SAUCE				
2	Mushrooms, baby portabella, *sliced*	120 g	6	Put the mushrooms, spinach and garlic in the Dutch oven over medium heat. Sauté, stirring, until the mushrooms soften and the spinach wilts, ≈5 min.
	Spinach, *chopped*	120 g	4 cups	
	Garlic, *minced*	12 g	4 cloves	
3	Water	237 g	1 cup	Add the water, Better Than Bouillon, lime juice and taco seasoning to the pot. Stir and bring to a simmer.
	Chicken stock, Better Than Bouillon	6 g	1 tsp	
	Lime juice	88 g	juice of 2 limes	
	Taco seasoning	11.4 g	4 tsp	
4	Cream cheese, Philadelphia, *cubed*	113 g	4 oz (½ brick)	Add the cream cheese cubes and stir until they melt into the sauce.
5	Parmesan, Kraft grated	113 g	4 oz	Stir in the Parmesan until it melts.
6	Greek yogurt, nonfat	227 g	1 cup	Turn off the heat. Stir in the yogurt and cilantro, then the squash from step 1 and the chopped chicken. Stir until everything is coated and warmed through.
	Cilantro, *chopped*	6 g	6 tbsp	
	Chicken breast, grilled, *cooked weight, chopped*	510 g	18 oz	

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Spaghetti squash	1240 g	335	223	8
Mushrooms, baby portabella	120 g	26	7	3
Spinach	120 g	28	95	3
Garlic	12 g	18	2	1
Chicken stock, Better Than Bouillon	6 g	10	680	1
Lime juice	88 g	22	2	0
Taco seasoning	11.4 g	37	821	1
Cream cheese, Philadelphia	113 g	404	444	8
Parmesan, Kraft grated	113 g	452	1,808	45
Greek yogurt, nonfat	227 g	134	82	23
Cilantro	6 g	1	3	0
Chicken breast, grilled	510 g	842	377	158
Total		**2,308**	**4,544**	**252**
Per serving (1/4)		**577**	**1,136**	**63**

Nutrition: USDA FoodData Central: SR Legacy (cooked spaghetti squash, crimini mushrooms, spinach, garlic, lime juice, taco seasoning, nonfat Greek yogurt, cilantro, roasted chicken breast) and Branded Foods labels (Better Than Bouillon, Philadelphia, Kraft Grated Parmesan). Water not counted.

NOTES

- Grill the chicken ahead; ≈1½ lb raw makes ≈18 oz cooked. The page never says when the chicken goes in, so it's stirred in at the end. It has no title either, so the name is new.
- The page lists no fat for the sauté. If the pot looks dry, add a little pan spray.