



Stuffed Spaghetti Squash With Chicken & Broccoli

Tender chicken, broccoli and cheese stuffed inside a spaghetti squash boat. A comforting and surprisingly healthy dish featuring Bison Sour Cream (or Bison French Onion Dip!) the whole family will love.

Servings	Prep Time	Cook Time	Total Time
4	15m	1hr 20m	1hr 35m

Ingredients

½ cup Bison Sour Cream or Bison French Onion Dip
1 large spaghetti squash, cut in half and seeded
2 tsp olive oil
1 large or 2 small boneless chicken breast(s), cut into bite size pieces
1 clove garlic
2 cups of broccoli florets
½ cup Parmesan cheese, shredded
½ cup mozzarella cheese, shredded
2 tsp Italian seasoning
Salt and pepper, to taste

Instructions

1. Preheat oven to 400°F and line a large baking sheet with parchment paper.
2. Using a pastry brush, coat the entire surface of halved squash with olive oil. Sprinkle with salt and pepper, place hollow sides down. Bake for 45 minutes to 1 hour, or until squash is tender.
3. Remove from oven and allow squash to cool for several minutes before scraping out the inside strands with a fork. Set empty squash boats aside.
4. Preheat oil in a skillet, then pan fry chopped chicken until cooked. Remove to a clean plate to rest.
5. Sauté garlic, broccoli, Italian seasoning, salt, and pepper. Cook until broccoli is just beginning to soften, then add chicken back to the skillet.
6. Grab a large mixing bowl and stir the Bison Sour Cream (or Bison French Onion Dip) with chicken, broccoli, Parmesan cheese, and half of the mozzarella cheese until well incorporated. Add cooked spaghetti squash strands, then mix again.
7. Set oven to 350°F. Divide spaghetti squash mixture between spaghetti squash boats. Top with remaining shredded mozzarella cheese, and cover with foil.
8. Bake for 15 minutes. Remove foil and bake an additional 5-10 minutes, until cheese is golden and bubbly. Remove from oven and let cool for 5-10 minutes. Serve and enjoy!

