

★ Chicken Alfredo Spaghetti Squash Casserole

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Prep: 15m **Cook:** 1h **Total:** 1h15m

Serves 4

Dinner



Ingredients

- 1 lb boneless, skinless chicken breasts
- 1 medium white onion, diced
- 1 medium sized spaghetti squash
- 1 jar Primal Kitchen Garlic Alfredo Sauce (or homemade Whole30/Dairy-Free Alfredo)
- 3 cups broccoli florets
- 1/2 tsp salt (plus more for seasoning chicken)
- 1/2 tsp garlic powder
- 1/2 tsp pepper (plus more for seasoning chicken)
- 1/2 tbsp olive oil (or avocado oil)

Instructions

1. Preheat oven to 400 degrees F.
2. Cut the spaghetti squash in half lengthwise, scrape out the seeds, and spray the cut sides with a bit of cooking oil and add a sprinkle of salt. Then place the squash cut side down onto a baking sheet and place into the oven on an upper rack
3. Add the chicken breasts, diced onion and oil into a large casserole dish. Sprinkle with salt and pepper and toss to coat the chicken and onion and then place into the oven on a lower rack
4. Bake for 30 minutes
5. Remove the casserole dish and baking sheet. Dice the chicken breasts and add back into the casserole dish. Use a fork to scrape the spaghetti squash “threads” from each half into the casserole dish (it’s okay if the squash isn’t fully cooked yet).
6. Then, add the alfredo sauce, broccoli, salt, pepper and garlic powder to the dish. Use two forks to stir everything together and combine all of the ingredients
7. Place back into the oven and bake for an additional 30 minutes, or until the top is slightly golden brown
8. Remove, dish into bowls and enjoy!