**‘Cauliflower’ Alfredo Chicken Over Spaghetti Squash**

**Ingredients**

* 12 oz boneless, skinless chicken breast
* Olive oil, about 1 – 1 ½ tablespoons
* 1/2 head cauliflower
* 2 cups bone broth or water
* 2 cloves garlic – minced
* 2 teaspoons butter
* 1 tablespoon heavy cream
* 1/8 – ¼ cup grated parmesan cheese, plus more for serving
* ½ - 1 whole spaghetti squash or zucchini noodles (zoodles)
* Approximately ¾ teaspoon salt
* 1/8 – ¼ teaspoon pepper
* 2 – 4 tablespoons sour cream or 2 – 4 tablespoons cream cheese (optional)

**Directions**

Preheat the oven to 450°F. Line a cookie sheet with foil. Split the squash in half and scrape out the seeds. Rub the flesh of squash with olive oil, sprinkle each half with a little salt and pepper. Place flesh side down on the sheet and cook for about 30 – 40 minutes, until soft. Set aside until cool enough to handle.

In a medium pan, add bone broth and cauliflower, sprinkle with a little salt. Bring to a boil and cook until cauliflower is very soft.

While cauliflower is cooking. Heat large skillet, add 2 tablespoons butter and melt. Once melted, add garlic and sauté until soft. Transfer butter and garlic to the food processor and set the skillet aside.

Once the cauliflower is cooked, transfer to food processor with the butter and garlic. Add salt, heavy cream and parmesan cheese. Process until sauce consistency achieved and set aside.

Meanwhile, either slice chicken into strips or cut into bite-size chunks. Season with a little salt and pepper. Return the large skillet to the burner and heat on medium heat. Add about ½ to 1 tablespoon oil. Add chicken and cook until 1 side is brown, about 2 minutes. Turn the chicken and cook until brown and cooked through. Remove the chicken to a bowl or plate and let rest while the rest of the dish is prepared.

Pour the cauliflower alfredo sauce into the skillet, add the chicken. Finish with sour cream or cream cheese, if using. Turn the stove to low/medium-low and heat while squash is finished.

Once cool enough to handle, shred the squash. It will actually look like spaghetti.

Plate the squash and spoon chicken alfredo on top. Sprinkle with remaining parmesan cheese and serve. Just wait for the compliments to commence!