

Spaghetti Squash Surprise  
Whole Foods Nutrition with Cindy Olejar  
[www.wholefoodsnutrition.org](http://www.wholefoodsnutrition.org)

Serves 2 to 3 people

**Ingredients**

- 1 lb of chicken breast, cooked and cut to bite size pieces
- One box of Solely dried spaghetti squash noodles
- Steamed vegetables such as carrots, mushrooms and kale, then cut to bite size pieces
- 1/2 cup to 1 cup of fresh snow peas, cut to bite size pieces - this gives a crunchy texture
- Six organic artichoke heart pieces (from a jar), cut to desired size
- Fresh spinach chopped to add on top
- 1 to 3 cups butternut squash sauce
- Oregano to taste
- Sea salt to taste
- Pepper to taste

**Directions**

1. Season the chicken with sea salt and pepper, cook in a pan and then cut to bite size pieces
2. If using the box of Solely Spaghetti Squash dried noodles, cook according to box, drain and set aside
3. Steam vegetables and then cut into bite size pieces
4. On a plate or in a bowl put spaghetti squash then add chicken pieces, cut steamed vegetables, artichoke hearts, desired amount of butternut squash sauce and chopped spinach, herbs, sea salt and pepper to taste
5. Enjoy! Refrigerate left overs up to three days

**Optional Sides**

Gluten free Simple Mills Artisan rolls with added garlic powder and rosemary  
Gluten free paleo coconut bread with ghee and sea salt or grass fed butter