

Chicken and Kale Stuffed Spaghetti Squash

Ingredients:

- 2, 6 oz. chicken breasts, skinless and boneless
- 1 spaghetti squash
- 1/2 Tbs olive oil
- salt and pepper
- 2 pieces of bacon
- 1/4 cup chopped onion
- 1 garlic glove, chopped
- 1/2 of an orange bell pepper, seeded and chopped
- 1 tomato, chopped
- 2 cups kale, chopped
- 2 Tbs fresh basil or parsley, chopped
- 1/2 cup shredded mozzarella cheese

Preheat oven to 400 degrees. Place chicken breasts in a baking dish and bake for 20 minutes. Remove to a plate, let cool, and cut into 1-inch cubes. Set aside. Decrease oven temperature to 375. Place the spaghetti squash on a microwave-safe plate and microwave for 4 to 5 minutes. Remove and let cool slightly. Cut in half length-wise. Brush each half with olive oil and season with salt and pepper. Place cut sides down on a rimmed baking sheet, and bake in oven for 40 minutes (or until the squash can be easily pierced with a fork). Remove and let cool.

While the squash is baking, in a large skillet over medium-high heat, fry the bacon until crisp. Remove to a plate, let cool, and crumble. Add onion and garlic to the bacon grease and sauté for 1 minute, stirring frequently so it doesn't burn. Add bell pepper and cook for 2 minutes, stirring frequently. Add tomato, kale, basil, chicken cubes, and crumbled bacon. Cook until kale begins to wilt. Remove from heat.

Using a fork, loosen the strands in the spaghetti squash by dragging the fork down the center and sides of the squash. Scoop the chicken, kale mixture into each half of the spaghetti squash. Sprinkle both halves with mozzarella cheese. Place the squash on a baking sheet and bake for another 10 to 15 minutes at 375 degrees until heated through and cheese has melted. Season to taste and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"It's ok to trust words, but better to trust actions." - Anonymous