

Recipe Name: Buffalo Chicken Spaghetti Squash

Serves: 4

From: Jessa!!

Cook Time: 35 mins

* perfect for make ahead lunches *

Ingredients

- 1 med. spaghetti squash
- 1 lb shredded chicken
- 1 egg
- 1/2 tbsp. olive oil
- 1 packet Hidden Valley ranch seasoning or 3 tbsp.
- 1/2 cup buffalo sauce (Franks!)
- 1/2 cup blue cheese crumbles away & a fork
- 3 stalks celery (diced)

* If you are looking for a healthier version feel free to omit the blue cheese crumbles and throw a scoop of plain greek yogurt instead! *

Notes:

Direction

- ① Pre-heat oven 400 degrees
- ② Slice the spaghetti squash in half and take out the seeds, place face down in a microwave safe dish & about an inch of water. Microwave for about 10 mins or until it easily shreds away & a fork.
- ③ I usually air fry my chicken and dice / shred it up - feel free to make yours in an instant pot, boil on the stove for about 10 mins or buy a rotisserie chicken @ wags!
- ④ mix together olive oil, egg, ranch & buffalo sauce - stir in cooked spaghetti squash and chicken. Stir in celery and blue cheese last.
- ⑤ Pour into a greased 8x8 baking dish for 25-30 mins or until it starts to brown on top.
- ⑥ Top & a little more buffalo sauce and blue cheese crumbles for serving - enjoy!