

Slow Cooker Chicken and Tomato Spaghetti Squash

- 2 spaghetti squash or 1 large, cut in half and seeded
- 4 boneless, skinless chicken breasts
- 2 bell peppers, sliced
- 8 oz. mushrooms, sliced
- 1 onion, sliced
- 2 cups diced tomatoes
- 4 garlic cloves, minced
- 1 cup tomato sauce
- 2 sprigs fresh thyme
- 2 bay leaves
- Fresh parsley to garnish
- 2 teaspoons extra-virgin olive oil
- Himalayan sea salt and freshly ground black pepper



1. Season the chicken to taste with sea salt and freshly ground black pepper.
2. Transfer the chicken to a slow cooker. Top with bell pepper, mushroom, onion, diced tomato, tomato sauce and garlic.
3. Place thyme and bay leaves on top and season to taste. Cover and cook on low 6 to 8 hours, or on high about 4 hours. When done – cut, shred or keep chicken breasts whole.
4. Preheat oven to 400 F.
5. Brush the inner flesh of the spaghetti squash with olive oil and season to taste with salt and pepper.
6. Place in the oven and roast, skin side up, for 30 to 40 minutes. Scrape out the flesh of the spaghetti squash with a fork and serve in a bowl topped with the slow-cooked chicken mixture.

Makes 8 servings.

Serving Size = 3 ounces of chicken and 1 cup of spaghetti squash.

Enjoy with 1 cup of on plan fruit to complete the meal.

