



SPAGHETTI SQUASH ENCHILADA BOATS

Chef@Market: Maggie Haren

September 23, 2017

Sometimes it's hard to figure out what to do with a Spaghetti Squash. They're a little hard to handle and a lot of people have never tasted one. Here's a great way to try one!

- 1 large Spaghetti Squash, cut in half length wise, seeded, oiled, and roasted open side down on a cookie sheet covered with foil, in a 400 degree oven for 30 – 40 minutes. Its' done when you can poke the skin with a knife and it feels soft. (Maggie's note: You can actually remove the seeds after it's done. It's a little easier.) Be VERY careful splitting these. The shell is very hard. You can poke with a fork a few times and microwave for 5 minutes to soften it enough to cut it more easily. While it's baking, make the Sauce and the filling.

Enchilada sauce (recipe below)

Chicken Filling (recipe below)

1 cup Queso Fresco or grated Mozzarella or Jack Cheese

1 cup shredded cheddar cheese

Cilantro

Make Enchilada Sauce

1 onion, diced and sautéed until soft. Then add

2 cloves garlic, minced finely

1 Tablespoon of taco seasoning mix (Maggie's Note: Just get one of those season envelopes in the spice section)

2 Tablespoons tomato paste (Maggie's Note: I buy tomatoes paste in a squeeze tube. Lasts "forever")

Stir all of this for a minute or two and then add

1 -14 oz can of Enchilada sauce, stir well, and set aside to make the rest of the filling.

Make the filling:

1 ½ cups of shredded chicken (Maggie's Note: 1 large cooked chicken breast, or buy a rotisserie chicken)

½ corn (fresh or frozen will do) (Maggie's Note: if you must, used canned corn, but – don't.)

1 c. of pickled jalapeno peppers chopped (remove seeds for less heat)

½ c. black beans, rinsed and drained

1 ½ cups of the prepared enchilada sauce (reserving the rest for the top)

Now that the squash is cool enough to handle, shred the inside of both halves with a fork, leaving it in the shells. Top with the Chicken Enchilada Filling and sprinkle with the cheeses. Broil for 3 – 4 minutes to melt and brown the cheese, being very careful not to burn. NEVER walk away from something you are broiling. You WILL burn it! Top with a little of the reserved Enchilada Sauce. Top with a little sour cream and Cilantro if desired.

Makes 2 – 4 servings - 9 Weight Watchers Points for ½ of one of the boats.

