

Buffalo Chicken Stuffed Spaghetti Squash

2 large chicken breasts, thawed or frozen (or sub shredded rotisserie chicken)
2 cups (½ qt.) chicken stock
½ tsp. garlic powder
½ tsp. onion powder
1 spaghetti squash
1 tbs. extra-virgin olive oil
Pinch of Kosher salt
Pinch of freshly ground black pepper
2 ribs (¼ cup) celery, diced
½ cup each red and green bell pepper, diced
½ cup buffalo sauce (we love Frank's), plus more for garnish
¼ cup ranch dressing, plus more for garnish
¼ cup shredded Monterey Jack or cheddar cheese (optional)
¼ cup blue cheese crumbles (optional)
2 green onions, chopped, for garnish

Place chicken breasts (can be frozen still) in a slow cooker set to low heat. Pour the chicken stock over top, then sprinkle on the garlic and onion powders. Cook on low for 4 hours, until chicken is cooked through. Remove chicken from slow cooker, let rest for 5 minutes, then cut into small pieces. You can also skip this step and substitute shredded rotisserie chicken.

Meanwhile, preheat oven to 350.

Cut the spaghetti squash in half lengthwise. Scoop out the membranes and seeds. Drizzle the olive oil and sprinkle on a pinch each of Kosher salt and freshly ground black pepper. Rub the olive oil all over the inside of the spaghetti squash, then place cut-side-down in a large baking dish. Bake at 350 for 45 minutes, until squash skin is tender to the touch and spaghetti squash is cooked through. Once cooked, turn the spaghetti squash cut-side-up to cool for about 15 minutes.

In a large bowl, scoop out the cooked spaghetti squash, reserving the shells of the squash*. Add in the chopped chicken breast, diced celery and bell peppers, ¼ cup buffalo sauce, and ¼ cup ranch dressing. Using tongs, mix everything until well combined. If desired, you can also mix in some Monterey Jack or cheddar cheese. Place the mixture back into the squash skins. Bake at 350 for 20 minutes, until cooked through.

Sprinkle on blue cheese, if desired, then drizzle with a little more buffalo sauce and ranch dressing. Sprinkle on chopped green onions for added garnish.

*All of these steps can be done up to 2 days ahead of time. Store cooked chicken and spaghetti squash in separate containers, covered, in the fridge until ready to assemble.



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