Buffalo Chicken Spaghetti Squash
1 spaghetti squash
3-4 green onions
1-2 lbs chicken breast, cut into bite sized pieces
1-2 tbsp olive oil
1 tsp garlic powder
1 tbsp onion powder
1 cup shredded carrots
1 cup shredded cabbage (you can buy cole slaw mix)
1 cup Frank’s Buffalo Sauce (or similar brand)
1-2 oz Blue Cheese

Poke your spaghetti squash a few times with a fork or knife. Microwave 10-15 minutes or until tender.

In the meantime, cut up your chicken and toss in onion and garlic powder. Next slice the green onions. Slice the white part of the green onions and reserve the green tips for garnish.

Heat olive oil in a skillet or pot (I used a 12″ cast iron skillet). Add chicken and green onions, cook until chicken is cooked through (about 5 or 6 minutes).

Remove spaghetti squash from the microwave. Once it’s cool enough to handle, slice in half, remove the seed and discard, the fluff the spaghetti squash with a fork to get the strands loose. Add spaghetti squash to the skillet and mix. Add Buffalo sauce, cabbage and carrots. Toss to combine. Serve and sprinkle with blue cheese and chopped green onion tips. This recipe will serve 4-6.
Courtesy of Foodologie