

INGREDIENTS

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| 1 boneless skinless chicken breast
half (6 ounces), cut into 1/2-inch cubes | 1/8 teaspoon salt |
| 1 spaghetti squash (around 2-3 lbs) | 1/8 teaspoon pepper |
| 1/2 cup chopped onion | 1 tablespoon olive oil |
| 1/2 cup chopped sweet red pepper | 1 cup fresh baby spinach |
| 2 garlic cloves, minced | 1/3 cup chopped pitted
Greek olives (optional) |
| 1/4 teaspoon dried oregano | 2 tablespoons crumbled
feta cheese (optional) |
| 1/4 teaspoon dried basil | |
| 1/4 cup sliced cherry tomatoes (optional) | |

DIRECTIONS

1. Cut squash in half lengthwise; discard seeds. Place squash cut side down on a microwave-safe plate. Microwave, uncovered, on high for 15-18 minutes or until tender.
2. Meanwhile, in a skillet, saute the chicken, onion, red pepper, garlic, oregano, basil, salt and pepper in oil until chicken is no longer pink. Stir in the spinach, olives and tomatoes; cook until spinach is wilted.
3. When squash is cool enough to handle, use a fork to separate strands. Serve chicken mixture over 2 cups of squash; sprinkle with feta cheese. (Save remaining squash for another use.)

Yield: 2 servings.

GREEK SPAGHETTI SQUASH



2200 Calorie Meal Plan

Grains: 6 oz | Vegetables: 2½ cups | Fruits: 2 cups | Dairy: 3 cups | Protein: 7 oz

The following meal plans are based on calorie levels and food group recommendations published by the USDA at the www.myplate.gov website.

MEAL PLAN

Breakfast
2 ounces Protein
½ serving Vegetable
1 ounce Grain
1 serving Fruit (1 cup)

Lunch
3 ounces Protein
2 servings Vegetable
4 ounces Grain
1 cup Dairy

Dinner
3 ounces Protein
1 serving Fruit
2 servings Vegetable
1 ounce Grain
1 cup Dairy

Snack
1 cup Dairy
½ serving Vegetable
1 serving Fruit

SAMPLE MENU

Breakfast
2 eggs, scrambled
4 Tbsp salsa
Wheat toast (1 slice),
1 Tbsp. light margarine
8 oz. 100% orange juice
6 oz. coffee

Lunch
3 ounces cooked lean ground beef
½ cup spaghetti/marinara sauce
1 cup cooked whole grain pasta
1 cup tossed green leaf lettuce & vegetables with
2 tbsp. of balsamic vinaigrette dressing
1 cup 1% milk

Dinner
1 cup of chicken mixture from Greek Spaghetti squash recipe
1 cup spaghetti squash.
1 slice whole grain bread
1 cup sliced pears with ½ ounce of walnuts
1 cup 1% milk

Snack
8 oz. low fat milk cottage cheese
1 small apple
4 celery sticks
8 oz. water