

SPAGHETTI SQUASH

WITH LEMON CREAM SAUCE & PARMESAN CHICKEN

INGREDIENTS

CHICKEN AND SQUASH

- 1 large spaghetti squash, cut in half and seeded
- 1 teaspoon olive oil
- 1 cup grated parmesan cheese
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- ¼ teaspoon black pepper
- 4 thin cut chicken breasts, or 2 regular breasts pounded thin and sliced in half

SAUCE

- 1 tablespoon unsalted butter
- 3 cloves garlic, minced
- 1 shallot, finely diced
- ½ cup heavy cream
- ¼ cup grated parmesan cheese
- 1 lemon, including 1 teaspoon zest

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Drizzle each half of the spaghetti squash with ½ teaspoon olive oil along with a pinch of salt and pepper.
3. Roast squash cut side down on the bottom rack for 30-45 minutes, depending on the size of your squash.
4. While the squash is roasting, combine the parmesan, garlic powder, Italian seasoning, and black pepper on a plate.
5. Dip your chicken breasts into the parmesan mixture, coating both sides evenly then roast for 10-12 minutes on the top rack.
6. To make sauce, heat butter in a medium saucepan over medium heat.
7. Sauté shallots for 3-4 minutes then add garlic and cook until fragrant, about 30 seconds.
8. Add heavy cream, parmesan, parsley, black pepper, and lemon zest then simmer for 2-3 minutes to thicken slightly.
9. Remove from heat and add 2 tablespoons lemon juice (about ½ lemon).
10. When squash is finished roasting, use a fork to scrape into "noodles" working from the edge inward and fluffing as you go.
11. Serve squash noodles topped with sauce and sliced chicken.



FOOD AS HEALTH *Alliance*

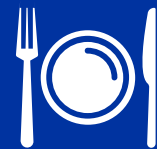
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GLUTEN FREE



4 SERVINGS



30 MIN



SPAGHETTI SQUASH WITH LEMON CHICKEN NUTRITION FACTS

CHECK THE LABEL

What makes this recipe great for Celiac?

When diagnosed with a diet that requires the elimination of several foods/food groups, patients often fear that food will forever be boring or routine. Fear of triggering symptoms may lead them to stick to a limited diet of a few safe meals. This can lead to disordered eating and malnutrition. A great way to encourage variety is to guide patients in exploring new foods and cooking techniques such as learning to layer flavors so that food stays interesting and enjoyable. This technique involves the use of complimentary flavors to enhance the taste of food. For example, in this dish, the acidity of the lemon juice pairs nicely with the umami from the parmesan and the sweetness of the squash. A variety of textures including the crispy chicken and the creamy sauce also provides complexity that keeps this meal fun and delicious.

Nutrition Facts

servings per container	
Serving size	(620g)
Amount per serving	
Calories	530
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 590mg	26%
Total Carbohydrate 47g	17%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 52g	
Vitamin D 0mcg	0%
Calcium 424mg	35%
Iron 5mg	30%
Potassium 727mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Accounting for access

With advancements in medicine, we have improved our ability to diagnose Celiac and gluten intolerance. This has led to a huge growth in the availability of gluten-free products in grocery stores and supermarkets. However, not all patients will live in areas that have equal access to these products, so it's best not to make assumptions when providing dietary recommendations. Providers should still recommend substitutions, such as the use of squash noodles instead of pasta, that don't rely on access to specialized gluten-free products.