

Green Chile Chicken Stuffed Spaghetti Squash: A Low-Carb Delight

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OVEN
400°F

TIME
30-40 min

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INGREDIENTS

- 1 medium spaghetti squash
- 1 tablespoon olive oil
- 2 cups cooked shredded chicken
- 1 (8 oz) package cream cheese, softened
- 1 (4 oz) can diced green chiles, drained
- 1/2 cup sour cream or plain Greek yogurt
- 1 cup shredded Monterey Jack or cheddar cheese, divided
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- Black pepper to taste
- Fresh cilantro, chopped (for garnish)

DIRECTIONS

- 1. Roast the : Squash:** Preheat your oven to 400°F (200°C). Carefully slice the spaghetti squash in half lengthwise and scoop out the seeds and stringy bits. Drizzle the inside of each half with olive oil, and sprinkle with salt and pepper. Place them cut-side down on a baking sheet. Roast for 30-40 minutes, or until the squash is tender when pierced with a fork.
- 2. Make the : Filling:** While the squash is roasting, prepare the filling. In a large bowl, combine the cooked shredded chicken, softened cream cheese, drained green chiles, sour cream, 1/2 cup of the shredded cheese, garlic powder, salt, and pepper. Stir until everything is well combined and creamy.
- 3. Shred the : Squash:** Once the squash is done, carefully flip the halves over. Using a fork, scrape the strands of spaghetti squash away from the skin, leaving them inside the squash shell. You can leave some of the strands in the shell for a heartier texture.
- 4. Stuff and : Bake:** Add the creamy chicken mixture to each squash half, stirring it together with the spaghetti squash strands inside the shell. Top each half with the remaining 1/2 cup of shredded cheese.
- 5. Final : Bake:** Place the stuffed squash halves back on the baking sheet and bake for another 10-15 minutes, or until the cheese is melted and bubbly and the filling is heated through.
- 6. Serve:** Garnish with fresh cilantro and serve immediately.

SWAPS & NOTES

Chicken: Rotisserie chicken is a great shortcut here, and it makes this recipe come together in minutes.

You can also poach or bake chicken breasts ahead of time.

Cheese: Monterey Jack is my favorite for its creamy texture and mild flavor, but cheddar, pepper jack, or a Mexican blend would also work beautifully.

Sour Cream: Full-fat sour cream or Greek yogurt adds a wonderful tanginess and creamy texture.

TIPS FOR SUCCESS

Dry Your Squash: After roasting the squash, you might notice some liquid has pooled inside.

You can blot it with a paper towel before adding the filling to prevent the final dish from being watery.

Shredding the Chicken: Shredding chicken with a hand mixer is a great shortcut!

Just put the cooked chicken breasts in a bowl and mix on low speed for a few seconds.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/green-chile-chicken-stuffed-spaghetti-squash-a-low-carb-delight/>