

## Lemon Chicken and spaghetti squash



### Ingredients

1-spaghetti squash [Watch Video](#)  
Olive oil  
Sea salt, to taste  
Black pepper, to taste  
2 chicken breasts, cut into 1-2 inch pieces

### For the sauce:

1 medium yellow onion, diced  
4 cloves garlic, minced  
3 cups cherry tomatoes, halved  
½ teaspoon sea salt  
¼ teaspoon black pepper  
½ lemon, juiced  
1 cup chicken broth  
8 ounces baby spinach



### Preparation:

1. Preheat oven to 375°F/200°C.
2. Poke several holes into the spaghetti squash, microwave on high for 5 minutes.
3. Cut squash in half along the holes. Remove seeds with a spoon. Drizzle squash with olive oil, and season with salt and pepper.
4. Place squash upside down on baking tray and bake for 40 minutes until soft. Let cool.
5. Using a skillet, cook the chicken breast on medium-high heat with a little olive oil for 6-8 minutes until the chicken is golden brown and cooked through. Remove chicken from the pan and set aside.
6. Sauté onion for a few minutes. Add garlic and cook for a minute. Add tomatoes and cook for a couple minutes. Cook until onions are translucent.
7. Add lemon juice and chicken broth, and cook until the liquid partially reduces, about 20 minutes. Add chicken and cook for 2 minutes. Add spinach and cook for 2 minutes.
8. Using a fork shred the inside of the squash.
9. Pour sauce over the squash. Serve immediately.
10. Enjoy!