

Chicken Parmesan with Spaghetti Squash

Servings: 2

Adapted from Eat Better America

Ingredients

2 small boneless skinless chicken breasts

1/4 cup low-fat buttermilk

1 small spaghetti squash, cut in half

1/4 cup flour, unbleached or all-purpose flour

1/4 cup grated Parmesan cheese

1/2 teaspoon garlic powder

1 cup spaghetti sauce

Preparation

- 1) Place chicken in a baking dish and pierce in several places with fork. Pour buttermilk over chicken, turning to coat both sides. Cover and refrigerate 1 hour.
- 2) Place squash, cut sides up, in microwaveable dish. Cover with plastic wrap; microwave on High 20 minutes or until fork-tender. Using a fork, scrape flesh from squash. Keep warm.
- 3) Meanwhile, heat oven to 375°F. Spray large baking dish with cooking spray.
- 4) In shallow dish, combine flour, 1/4 cup of cheese, and the garlic powder. Remove chicken from buttermilk, reserving buttermilk. Coat both sides of chicken with the flour mixture; dip in reserved buttermilk. Coat chicken again with flour mixture. Place in sprayed baking dish. Spoon about 2 tablespoons spaghetti sauce onto each chicken breast and sprinkle with remaining cheese.
- 5) Bake 25 minutes or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear.
- 6.) Meanwhile, heat remaining spaghetti sauce in medium saucepan over medium heat. Serve with the chicken and spaghetti squash.