

Treasure Barrel

Cozy Spaghetti Squash with Chicken and Veggies

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Squash & Veggies

- [ ] 1 medium spaghetti squash (about 3 lbs)
- [ ] 2 tbsp olive oil, divided
- [ ] 1 red bell pepper, chopped
- [ ] 1 yellow bell pepper, chopped
- [ ] 1 medium zucchini, chopped
- [ ] 1 cup cherry tomatoes, halved
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

For the Chicken

- [ ] 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- [ ] 1 tbsp olive oil
- [ ] 1 tsp paprika
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] Salt and freshly ground black pepper to taste
- [ ] 1/4 cup freshly grated Parmesan cheese, for serving
- [ ] Fresh parsley, chopped, for garnish

Instructions

1. First, let's get the squash ready. Preheat your oven to 400°F (200°C). Carefully slice the spaghetti squash in half lengthwise and use a spoon to scoop out the seeds and stringy bits—just like a pumpkin. Brush the cut sides with 1 tablespoon of olive oil and season generously with salt and pepper. Place the halves cut-side down on a baking sheet. Let them roast for about 35-45 minutes. The kitchen will start to smell amazing, all sweet and earthy. You'll know it's ready when the outside is tender enough to be pierced easily with a fork.

2. While the squash is roasting, we can prepare the chicken. In a small bowl, toss the cubed chicken with paprika, garlic powder, onion powder, salt, and pepper until it's evenly coated. Heat 1 tablespoon of olive oil in a large skillet or pan over medium-high heat. Once the oil shimmers, add the chicken in a single layer. Let it cook without moving for a few minutes to get a really nice golden-brown sear, then continue to cook, stirring occasionally, until it's cooked through. Transfer the cooked chicken to a plate and set it aside for a moment.

3 Now for the beautiful veggies. In the same skillet you used for the chicken, add the remaining 1 tablespoon of olive oil if needed. Add the chopped bell peppers and zucchini, and cook for about 5-7 minutes, until they start to soften but still have a little bite. Add the minced garlic and dried oregano, stirring for just a minute until you can smell the garlic—be careful not to let it burn. Finally, add the halved cherry tomatoes and cook for another couple of minutes until they just begin to soften and release some of their juices. This is where all those incredible layers of flavor really come together.

4 It’s time for the grand finale! Once the squash is done, carefully remove it from the oven—it will be very hot. Let it cool for a few minutes until you can handle it. Using a fork, gently scrape the flesh from the squash shells; it will magically separate into long, spaghetti-like strands. Place these strands in a large bowl. Add the cooked chicken and the sautéed vegetable mixture. Sprinkle with Parmesan cheese and toss everything together gently. Garnish with fresh parsley and serve warm. It’s such a rewarding moment to see it all come together.

Nutrition per serving

410 kcal	38 g	25 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't be afraid to let the chicken get a good sear. Those browned bits are pure flavor! Just make sure your pan is nice and hot before you add the chicken, and don't overcrowd it.
- The cook time for the squash can vary a bit depending on its size. A smaller squash will cook faster, so start checking it around the 30-minute mark to ensure it doesn't get overcooked.
- If you want to add a little brightness at the end, a squeeze of fresh lemon juice over the finished dish is absolutely wonderful. It really wakes up all the flavors and adds a lovely, fresh note.