

# Garlicky Spaghetti Squash with Chicken, Mushrooms, and Kale

Prep Time: 10 minutes  
Cook Time: 1 hour  
Total Time: 1 hour, 10 minutes

Yield: Serves 2 to 3

## Ingredients

- 1 medium-sized spaghetti squash, roasted
- 2 tablespoons grapeseed or olive oil
- 6 large cloves garlic, minced
- 3 cups baby Portobello mushrooms, chopped into sixths
- 2 teaspoons fresh thyme, chopped
- 1 (or two) large chicken breast, sliced into strips
- 4 cups dino kale leaves, packed
- Zest of 1 lemon
- ¼ teaspoon kosher salt
- 1/8 teaspoon cayenne pepper, or to taste

## Instructions

1. Roast the spaghetti squash and set aside until ready to use
2. In a medium-sized non-stick skillet, add the oil and heat to medium. Add the minced garlic and mushrooms. Sauté for 5 minutes, stirring frequently, until garlic is very fragrant and mushrooms have browned.
3. Add the strips of raw chicken, and cook about 30 seconds before adding the chopped kale leaves. Cook 3 to 5 minutes, or until chicken is cooked through.
4. Add the lemon zest, salt, and cayenne pepper. Stir well and cook an additional minute. Remove from heat.
5. Strip the spaghetti squash into spaghetti strands and place in a medium-sized serving bowl.
6. Add the chicken/mushroom/kale mixture and toss everything together.
7. Serve with fresh grated parmesan cheese and enjoy.

<http://www.theroastedroot.net/garlicky-spaghetti-squash-chicken-mushrooms-kale/>