**Spaghetti Squash & Chicken with Avocado Pesto**

From: EatingWell.com, November 2017
Give pesto pasta a healthy makeover with this easy recipe that combines low-carb spaghetti squash with high-protein chicken breast. Top this powerhouse combo with homemade basil pesto that gets a creamy upgrade from ripe avocados to complete a mouthwatering chicken dinner.
By: Carolyn Casner
Nutrition profile

Dairy-Free
Egg Free
Soy-Free
Gluten-Free

Ingredients 4 servings

1 (2½ pound) 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
1 ripe avocado
1 cup packed basil leaves
¼ cup unsalted shelled pistachios
2 tablespoons lemon juice
1 clove garlic
¾ teaspoon salt, divided
½ teaspoon ground pepper, divided
5 tablespoons extra-virgin olive oil, divided
1 pound skinless, boneless chicken breasts, trimmed and cut into 1-inch pieces

From [Eating Well](http://www.eatingwell.com/recipe/261688/spaghetti-squash-chicken-with-avocado-pesto/) (http://www.eatingwell.com/recipe/261688/spaghetti-squash-chicken-with-avocado-pesto/)

Preparation

Prep 30 m
Ready In 1 h

Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray. Place squash, cut-side down, on one side of the prepared pan. Bake until tender, about 45 minutes. Meanwhile, combine avocado, basil, pistachios, lemon juice, garlic, ½ teaspoon salt and ¼ teaspoon pepper in a food processor. Pulse until finely chopped. Add 4 tablespoons oil and process until smooth. Ten minutes before the squash is done, toss chicken, the remaining 1 tablespoon oil and the remaining ¼ teaspoon each salt and pepper together in a medium bowl. Spread the chicken in an even layer on the empty side of the baking sheet. Return to the oven and bake until just cooked through, about 10 minutes. Using a fork, scrape the squash from the shells into a large bowl. Add the chicken and toss gently to combine. Serve topped with the pesto.
**Nutrition information** Serving size: 1½ cups
Per serving:

497 calories; 32 g fat(5 g sat); 8 g fiber; 26 g carbohydrates; 30 g protein; 86 mcg folate; 83 mg cholesterol; 8 g sugars; 0 g added sugars; 999 IU vitamin A; 20 mg vitamin C; 101 mg calcium; 2 mg iron; 543 mg sodium; 1,072 mg potassium
Nutrition Bonus: Vitamin C (33% daily value), Folate (22% dv), Vitamin A (20% dv)
Carbohydrate Servings: 1½
Exchanges: 5½ fat, 3½ lean protein, 3½ vegetable