

BBQ Chicken Spaghetti Squash

Prep Time: 15 Minutes Cook Time: 30 Minutes Total Time: 45 Minutes

This BBQ Chicken Spaghetti Squash is a quick, flavorful, and lighter comfort meal. Tender squash strands are tossed with BBQ chicken, sautéed peppers and onions, and finished with melted cheese for a satisfying dish with minimal effort.

For Thin's In: Count as 3 Proteins, 3/3 Fat, Unlimited Veggies | Individual Serving

INGREDIENTS

- ½ spaghetti squash
- 4 oz cooked shredded chicken
- ½ red onion, thinly sliced
- ½ bell pepper, sliced
- 6 tsp BBQ sauce (2 tbsp)
- 1 oz shredded cheese
- Cooking spray
- Salt & pepper
- Optional: garlic powder, smoked paprika, fresh cilantro or parsley

INSTRUCTIONS

Cook the spaghetti squash (microwave method)

- Microwave whole squash for 5 minutes to soften
- Carefully cut in half lengthwise and scoop out seeds
- Place one half cut-side down on a microwave-safe dish and save the other half or double recipe for 2 servings
- Season with Salt and Pepper to Taste
- Microwave for 8–10 more minutes, until tender
- Let cool slightly, then use a fork to scrape into “spaghetti” strands

Make the Filling

- Sauté red onion and bell pepper over medium heat for 5–7 minutes or softened
- Season with salt, pepper, and optional garlic powder or smoked paprika
- Add 4 oz shredded chicken to the pan with the veggies
- Stir in 6 tsp (2 tbsp) BBQ sauce and cook until warmed through (3–5 minutes)

Combine & Fill Squash

- Mix the spaghetti squash strands into the BBQ chicken mixture
- Spoon the mixture back into the spaghetti squash shells

Finish & Enjoy

- Sprinkle 1 oz shredded cheese over the top
- Place in an air fryer (or oven) at 400°F for about 5 minutes, or until the cheese is melted and bubbly