

# Chicken in Garlic Sauce

<b>Nutrition Facts:</b>	
Yield	4 servings
Calories	214
Fat	8 g
Sodium	268 mg

<b>Code</b>
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## **Ingredients Needed:**

2 tablespoons olive oil  
4 boneless skinless chicken breast halves  
4 cloves garlic, minced  
1/4 cup white balsamic vinegar  
1 3/4 cups chicken broth

## **Recipe Directions:**

- Heat the oil in a large skillet over medium heat
- Add the chicken and cook until browned on both sides, 5 minutes. Transfer to a plate.
- Add the garlic to the skillet and cook until just tender, 2 minutes.
- Add the wine and cook, stirring to loosen the brown bits, 3 minutes.
- Add the broth and return the chicken and any accumulated juices to the skillet.
- Cook until center of chicken is cooked, about 5 minutes.



## Spaghetti Squash Sausage Lasagna Boats

### Ingredients Needed:

3 small spaghetti squash  
1/3 cup part skim ricotta cheese  
2 tbsp grated parmesan cheese  
1 tbsp chopped basil  
3/4 cup whole milk shredded mozzarella cheese

#### For the sauce:

1 tsp olive oil  
1/2 onion, finely chopped  
3 cloves garlic, minced  
14 oz Italian chicken sausage  
14 oz crushed tomatoes

### Nutrition Facts:

Yield: 6 servings  
Calories: 246 kcals  
Fat: 10 g  
Sodium: 600 mg

### Recipe Directions:

Preheat oven to 400°F. Cut spaghetti squash in half lengthwise and scoop out seeds and membrane. Bake about 1 hour on a baking sheet, cut side down.

In a small bowl combine the ricotta cheese, 2 tbsp parmesan cheese and parsley.

In a large deep sauté pan, heat oil and add onions and garlic; sauté on medium-low for about 3 to 4 minutes, until soft. Add the sausage and cook, breaking up into smaller pieces until browned and cooked through. When cooked, add the crushed tomatoes. Add the bay leaf and cover, reducing heat to low. Simmer 20 to 30 minutes, then add in fresh basil at the very end.

When spaghetti squash is cooked, let it cool for about 10 minutes keeping the oven on.

When the spaghetti squash is cool enough to handle, use a fork to remove flesh, which will come out in spaghetti looking strands reserving the shells. Drain the squash on a paper towel to soak up any excess liquid, then toss with half of the sauce. Place the spaghetti squash back into the 6 shells and place on a baking sheet.

Top each with remaining sauce, 1 tbsp ricotta cheese mixture, and 2 tbsp mozzarella cheese.  
Bake in the oven for 20 - 30 minutes or until everything is hot and the cheese is melted