

Creamy Tomato Basil Chicken Pasta



Serves 6

Ingredients:

- 1 large spaghetti squash, roasted and cooled
- 1 (8 ounce) can tomato sauce
- 1 (13.5 ounce) can coconut milk
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1 cup fresh basil, finely chopped
- 2 pounds cooked chicken, shredded

Instructions:

1. Heat a pan over medium heat. Add tomato sauce, coconut milk, seasoning, and basil. Bring to a boil, then reduce to simmer.
2. Add chicken, and allow to simmer for 15 minutes.
3. Remove seeds from the cooked squash, and transfer strands to a serving bowl. Pour hot sauce on top and toss to coat.
Serve.

Nutrition per serving: Calories 358; Total Fat 17.3 g; Saturated Fat 12.0 g; Monounsaturated Fat 2.3 g; Polyunsaturated Fat: 1.5 g; Total Carbohydrates 15.7 g; Dietary Fiber 3.4 g; Sugar Alcohols 0.1 g; Sugars 7.8 g; Protein 36.7 g; Sodium 326 mg