

SECOND PLACE

SUSAN SCHULTZ

HAVERHILL, IOWA

CHICKEN PARMESEAN WITH SPAGHETTI SQUASH

Ingredients:

- (4) 6oz boneless skinless chicken breast
- (1) 1lb spaghetti squash
- (1) 16oz package sliced mozzarella cheese
- (4) small tomatoes, quartered
- ¼ cup finely chopped onions
- 1 tbsp. extra virgin olive oil
- 1 ½ cups pasta sauce
- 1 tsp Italian seasoning

Preparation:

Line baking pan with parchment paper

Preheat oven to 400 degrees

Cut spaghetti squash in half, seed, then slice in 1" pieces. Rub with olive oil. Place on sheet pan.

Place chicken breasts on sheet pan, scatter chopped onions and tomatoes throughout. Cover with pasta sauce.

Sprinkle Italian seasoning over all ingredients.

Bake for 15 minutes. Remove sheet pan to add mozzarella cheese to chicken breasts, then cook for 5 more minutes or until chicken is thoroughly cooked.