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# Filasky's Produce

## Recipe Of The Week

### BBQ CHICKEN STUFFED SPAGHETTI SQUASH

2 Chicken Breasts  
2-1/4 Cups BBQ Sauce  
1 Spaghetti Squash  
1 Tbsp. Olive Oil  
1/2 Cup Cheese, Shredded  
1/4 Cup Red Onion, sliced or diced  
1/4 Cup Colorful Pepper  
1/4 Cup Cilantro

Add the chicken to a slow cooker with 1 cup BBQ sauce on top. Cook on low for 6 hours or high for 2 to 4 hours. Shred the chicken using 2 forks. Preheat the oven to 400 degrees. Slice the spaghetti squash in half and scoop out the seeds in the center with a spoon. Add a drizzle of olive oil and flip it upside down on the baking pan. Add a splash of water to the bottom of the pan. Bake for 45 minutes or until soft when poked with fork. When finished cooking, let it cool. Scrape the sides with a fork to fluff the noodles. Add 1/4 cup cheese to each boat then divide the chicken between the two boats. Sprinkle 1 cup BBQ sauce on top followed by the cheese, onions and peppers. Bake at 350 degrees for 15 to 20 minutes to cook the onions and crisp the top slightly. Garnish with remaining BBQ sauce and cilantro.

You may also use rotisserie chicken, just add the BBQ sauce to it before stuffing the squash.