



# Buffalo Chicken Casserole

Servings 4 | Prep time 15 mins. | Total time 1 hour 10 mins.

## Equipment:

Cutting board  
Casserole dish  
Mixing spoon  
Aluminum foil

## Utensils:

Knife  
Measuring cups and spoons

## Ingredients

Non-stick spray  
1/3 cup hot sauce  
1 1/2 pounds boneless skinless chicken breast or thighs, cut into 3/4 inch cubes  
2 stalks celery, diced  
1 onion, diced  
2 carrots, diced  
3 cloves garlic OR 1 tablespoon garlic powder  
4 cups spaghetti squash (about 1 medium spaghetti squash), cooked  
2 ounces reduced fat cream cheese, cut into small cubes  
1/2 cup low-fat shredded cheese (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, vegetables, and utensils.
2. Preheat oven to 375 degrees.
3. Spray a 13 x 9 casserole dish with non-stick spray.
4. Add all ingredients in the casserole dish except shredded cheese and stir to combine. Spread out into an even layer.
5. Cover casserole dish with foil or lid and bake for 20 minutes. Remove the casserole dish from the oven and stir: the cream cheese will be soft and as you stir it will create a sauce. Re-cover with the foil or lid and bake for another 20 minutes.
6. Take casserole from oven, remove foil, stir again, sprinkle with cheese (if using), and bake for an additional 15 minutes, uncovered.

## Nutritional Information:

Calories 310  
Total Fat 9g  
Sodium 690mg  
Total Carbs 17g  
Protein 41g