

Chicken Enchilada Spaghetti Squash Casserole

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-spinach-enchilada-recipe>

Ingredients:

- 5 cups spaghetti squash cooked
- 2 cups chicken shredded, rotisserie chicken or make it
- 1 green bell pepper diced
- 1 red pepper diced
- 1 yellow onion diced
- 2 cups spinach loosely packed
- 1 batch refried beans or buy it
- 2 tablespoons avocado oil or extra-virgin olive oil
- 2 tablespoons arrowroot flour
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 1/2 cup tomato sauce Tuttorosso
- 1 cup chicken broth
- chopped cilantro for garnish, optional
- scallions Chopped, for garnish, optional
- 1/4 cup mexican blend cheese more for topping, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 55 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 20 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 450 milligrams
 9. Sugar: 4 grams
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