

## Creamy Chicken & Bacon Pasta (Gluten free) – Makes 4-6 servings

<https://www.eminencenutrition.com/creamy-chicken-bacon-pasta>



### Ingredients:

- |              |       |                            |
|--------------|-------|----------------------------|
| - 1          |       | Spaghetti squash           |
| - ~3         |       | Large chicken breasts      |
| - 6 slices   |       | Bacon, chopped into pieces |
| - 1          |       | Onion, diced               |
| - 1          |       | Bell pepper, chopped       |
| - 1          |       | Broccoli head, diced       |
| - ½ 14oz can | 200mL | Coconut milk               |
| - 1 tsp.     | 5mL   | Basil                      |
| - 1 tsp.     | 5mL   | Parsley                    |
| - ½ tsp.     | 3mL   | Garlic powder              |
| - ½ tsp.     | 3mL   | Oregano                    |
| - ¼ tsp.     | 1mL   | Ground thyme               |
| - To taste   |       | Salt and pepper            |

### Directions:

1. Preheat the oven to 400F.
2. Slice the ends off the spaghetti squash and cut the squash in half (lengthwise) then remove the seeds and stringy insides.
3. Bake the squash (face down) for ~35-40min.
  - a. You can cook the chicken at the same time but only for ~25-30min or until an internal temperature of 165F.
4. While the squash and chicken are cooking, chop up your bacon and veggies.
5. Cook the bacon pieces on medium heat in a large pan, when they are close to being done but not quite, add the onion, pepper and broccoli and continue cooking until onions are somewhat transparent or until peppers have reached desired tenderness.
6. Remove the squash and chicken when they are done and let the squash cool some.
7. Cut the chicken into small bit-sized pieces and add it to the pan.
8. String apart the "spaghetti noodles" from the squash and add it to the pan.
9. Add the coconut milk and spices and stir until well combined.
10. Enjoy ☺