

GLUTEN-FREE CHICKEN VEGGIE BAKE (Boyle Co. HS)

<i>1 whole spaghetti squash</i>	<i>4 cloves of garlic (one for chicken, three for veggies)</i>	<i>½ cup Parmesan cheese</i>
<i>2 chicken breast</i>	<i>10 baby carrots or one large carrot</i>	<i>2 Tbs. olive oil</i>
<i>1 red pepper</i>	<i>8 oz. can tomato sauce</i>	<i>1 Tbs. butter</i>
<i>1 green pepper</i>	<i>8 oz. shredded mozzarella cheese</i>	<i>2 tsp. garlic powder</i>
<i>1 zucchini</i>		<i>1 tsp. Italian seasoning</i>
<i>8 oz. sweet grape tomatoes</i>		<i>Salt and pepper to taste</i>
<i>¾ cup onion</i>		

Preheat oven to 350° F. Place 2 Tbs. of butter into 8x8 baking dish. Place 2 boneless, skinless chicken breasts into dish. Mince one clove of garlic and spread over chicken. Season chicken with garlic powder, Italian seasoning, and salt/pepper. Bake for 30-40 min. Let cool, then shred into bowl and place to the side.

While the chicken is cooking, chop all veggies into bite size pieces. Keep tomatoes separate. Mince the remainder of the garlic, and sauté with the chopped vegetables (not including the tomatoes). Cut spaghetti squash in half and remove all seeds. Using a fork, scrape out 4 cups of squash. In a separate bowl combine 8 oz. mozzarella cheese with ½ cup of parmesan cheese and set aside.

Layering: Coat a 13x9 baking pan with 1 Tbs. olive oil. Layer sautéed veggies in the bottom of the baking dish. Drizzle 8 oz. of tomato sauce over the garlic and veggie mixture. Sprinkle shredded chicken over layers. Spread chopped tomatoes and cheese mixture. Bake for 30-35 minutes or until golden brown.