

Servings: 6

Ingredients: 1 small spaghetti squash, cooked by your favorite method and separated into strands
2 tablespoons olive oil
1/2 cup minced onion
3 -4 cloves garlic, minced
2 green onions, finely chopped
12 ounces cooked chicken or turkey meat
2 cups canned crushed tomatoes
1/4 cup dry red wine
2 teaspoons capers
2 1/2 teaspoons fresh oregano
1 teaspoon crushed red pepper, more to taste
3 tablespoons Italian parsley, finely chopped

Instructions: Heat the oil in a skillet over medium high heat, sauté onion, garlic and green onions for 2 minutes. Add the chicken or turkey and cook for about 3-4 minutes. Stir in tomatoes and wine and bring to a boil, then lower heat and simmer for about 20 minutes. Add remaining ingredients and simmer for another 5 minutes. Pour sauce over heated spaghetti squash or cooked pasta and serve.

SPICY CHICKEN WITH SPAGHETTI SQUASH