



Cheesy Chicken & Spaghetti Squash Quesadillas

with Slaw & Guacamole



20-30min



2 Servings

Spaghetti squash isn't just a healthy pasta substitute, it's an ideal filling for quesadillas! Thanks to our easy pre-cooked squash, they'll be ready for the table in no time. Enchilada sauce and taco spices season the squash before we add chicken strips and shredded cheese, which melts right in. Add a crisp cabbage slaw with lime and pumpkin seeds, and this is a meal that's bursting at the seams with flavor.

What we send

- 1½ lbs green cabbage
- 1 lime
- 10 oz pkg chicken breast strips
- ¼ oz taco seasoning
- 4 oz red enchilada sauce
- 2 oz shredded cheddar-jack blend ¹
- 1 oz pumpkin seeds
- 6 (6-inch) flour tortillas ^{2,3}
- 2 oz guacamole
- 8 oz spaghetti squash

What you need

- neutral oil
- kosher salt & ground pepper
- sugar

Tools

- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 45g, Carbs 82g, Protein 58g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Transfer **spaghetti squash** to a plate. Remove outer peel, then gently pull apart with a fork into thin strands. Finely shred **2 cups cabbage** (save rest for own use); using your hands, scrunch to soften.

Into a medium bowl, finely grate **lime zest**, then squeeze **juice** from half of the lime. Cut **remaining lime** into wedges.



4. Make slaw

To the bowl with **lime zest and juice**, whisk in **1 tablespoon oil** and **½ teaspoon sugar**. Add **shredded cabbage** and toss to coat; season to taste with **salt** and **pepper**. Stir in **pumpkin seeds**.



2. Cook chicken

Pat **chicken** dry; cut into 1-inch pieces if necessary, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.



3. Finish filling

To same skillet, add **spaghetti squash** in an even layer. Cook, stirring halfway, until crisp in spots, 2-3 minutes. Reduce heat to medium, add **taco seasoning**, **red enchilada sauce**, and **2 tablespoons water**. Cook, stirring occasionally, until thickened and stewy, about 2 minutes.

Remove from heat and season to taste with **salt** and **pepper**; stir in **chicken** and **cheese**.



5. Assemble quesadillas

Lightly **oil** a rimmed baking sheet. Lightly brush **tortillas** with **oil**. Divide **chicken** and **spaghetti squash filling** among tortillas, then fold over into half-moons. Arrange **quesadillas** on prepared baking sheet.



6. Finish & serve

Broil **quesadillas** on upper rack until **cheese** is melted and quesadillas are golden brown, flipping halfway through, 2-4 minutes (watch closely). Let cool for 5 minutes, then cut into wedges, if desired. Serve **quesadillas** with **slaw** and **guacamole** alongside and **lime wedges** for squeezing over top. Enjoy!