

**DOUBLE your
SNAP Dollars**
and make a delicious meal!

Spaghetti Squash with Chicken & Broccoli



Ingredients:

- 2 medium spaghetti squash (3.5 lbs. total)
- 1 tablespoon + 2 teaspoon olive oil
- 2 medium chicken breasts (6 oz. each)
- 1 small yellow onion, diced
- 2 cup frozen broccoli florets
- 3 garlic cloves, minced
- ¼ cup low sodium chicken broth
- ½ cup mozzarella cheese, shredded
- ¼ cup low-fat plain yogurt
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon red pepper flakes (optional)

Instructions:

1. Preheat oven to 425°
2. Cut squash in half. Use a spoon to remove seeds. Add 1 tsp. oil and a pinch of salt and pepper to cut side of squash. Lay squash cut side down on baking sheet and roast for ½ hour. Remove from oven when squash is fork tender. Allow to cool. Once squash is cool, use a fork to scoop out the flesh and place in a large bowl. Reserve the hollowed-out squash "shells."
3. While the squash is cooking, place 1 Tbsp. oil and chicken on baking sheet, roll chicken in oil and put on lower rack of oven (same oven that squash is in). Bake 25 minutes or until chicken is cooked through. Remove from oven and allow to cool. Dice and set aside.
4. In a frying pan, heat 1 tsp. oil over medium-high heat. Sauté onion, broccoli and garlic for 3 minutes. Turn heat to low and add chicken broth, cheese, yogurt, salt and pepper, and red pepper flakes. Stir until cheese is melted. Remove from heat.
5. Add squash and chicken to the frying pan and mix all ingredients together.
6. Divide mixture and add to the hollowed-out squash "shells." Bake 15 minutes or until browned and bubbly.

Nutrition Facts: Servings: 6, Serv. size: 1.25 cups
Amount per serving: Calories 220, Total Fat 7g, Sat. Fat 2g, Trans Fat 0g, Cholest. 40mg, Sodium 350mg, Total Carb. 21g, Fiber 5g, Total Sugars 8g (Incl. 0g Added Sugars), protein 19g

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How to stretch your SNAP dollars at the market:

Get **FREE** fruits & vegetables with
DOUBLE SNAP DOLLARS
in 3 easy steps:



BUY \$1



GET \$1

1

Bring your EBT Card to the market info booth before you shop

2

Swipe EBT Card to get market tokens for SNAP-eligible foods

3

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at DoubleDollarsMT.com

And there's more!



SIGN-UP for
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Earn additional Double SNAP Dollars:
\$10 coupon provided for each class you attend!

To register for a class, go to www.buyeatlivebetter.org and click on "Class Sign Up."



Community Food & Agriculture Coalition



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