

Spaghetti Squash with Chicken, Kalamata Olives, and Tomatoes

INGREDIENTS:

- 1 cup Whole30-compliant chicken broth
- 1 can (14.5 oz) Whole30-compliant diced tomatoes, drained
- 1 T chopped fresh oregano or 2 tsp dried oregano
- 2 cloves garlic, sliced
- 1 tsp salt
- ¼ tsp black pepper
- 1 spaghetti squash (about 2 ½ lbs)
- 1 ½ to 2 lbs boneless, skinless chicken thighs
- ¼ cup sliced kalamata olives
- ⅓ cup chopped pecans, toasted
- Chopped fresh basil

PROCESS:

- In a 5-6 quart slow cooker, combine the broth, tomatoes, oregano, garlic, salt, and pepper. Cut the squash in half lengthwise and remove the seeds. Place the squash, cut sides down, in the slow cooker. Place the chicken around the squash. Cover and cook on low for 8 to 9 hours or on high for 4 to 5 hours.
- Remove the squash and chicken from the slow cooker, leaving the cooking liquid in the cooker. Let the squash and chicken cool for 5 minutes. Use forks to separate the squash into strands and to shred the chicken. Discard the squash shell.
- Turn the slow cooker to high if using the low setting. Return the squash and chicken to the slow cooker and stir in the olives. Cover and cook until heated through, about 25 minutes longer. Top servings with the pecans and basil.

From: Whole30 Fast & Easy Cookbook