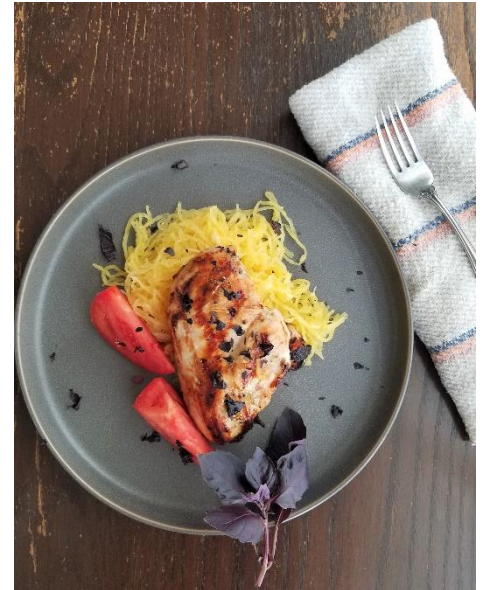


Chef Carol D's grilled chicken, Spaghetti Squash with purple basil

Serves 2

Ingredients:

- 1 pound of boneless chicken breasts
- ½ cup Grandma Luckey's garden herb dressing & marinade
- ½ cup lemon juice
- 1 spaghetti squash
- ¼ cup grated parmesan cheese
- 1 big fresh tomato
- Salt & pepper
- Opal (purple) basil, chopped



Marinate chicken in Grandma Luckey's herb dressing & lemon juice for 1-2 hours, or use your favorite chicken marinade. Grill chicken until internal temperature reaches 165 degrees F°.

For the Spaghetti Squash:

Preheat oven to 400°F. Cut Spaghetti squash lengthwise and clean out seeds. Season squash with a little olive oil, salt & pepper. Place squash cut sides down in baking dish filled with about 1 inch of water into oven for 30-45 minutes. Squash is done when fork easily pierces squash from underside of skin. Remove from oven and let cool slightly.

With a fork, gently scrape up and down inside of squash halves releasing squash from skin. Place "spaghetti noodles" into another bowl and add parmesan cheese.

Cut tomato in wedges.

To plate:

Put spaghetti squash in center of plate and lay chicken on top. Place cut tomatoes along the side and sprinkle chicken, squash and tomato with basil.