

**Spinach Artichoke Stuffed Spaghetti Squash** (Light & Delicious, Main Courses, Easy Entertaining)

- 2 Tbsp Halladay's Spinach Artichoke Seasoning
- 1 (15 oz) can artichoke hearts, drained and chopped
- ½ cup mayo
- ½ cup sour cream
- ½ cup mozzarella (plus ½ cup set aside)
- ½ cup grated parmesan cheese
- 1 cup shredded rotisserie chicken, optional

Basic Spaghetti Squash Cooking Directions:

Preheat oven to 350°F and line a cookie sheet with parchment paper or a silicone mat. Place the whole spaghetti squash in the microwave for 5 minutes. This softens the squash slightly, cuts down on the cooking time and makes it easier to cut.

Cut the squash in half lengthwise and scoop out seeds. Drizzle with olive oil and salt and pepper. Roast for about an hour or until the flesh scoops out easily.

Combine all ingredients together. Scoop out spaghetti squash flesh and add to spinach mixture. Add salt and pepper to taste and put back in the shells. Sprinkle remaining mozzarella cheese on top. Put back in the oven for 20 to 30 minutes, or until heated through and cheese is melted.