

Vegetable "Pasta" with Curried Chicken Salad  
(serves 4)

2 boneless, skinless chicken breasts  
2 tsp. olive oil  
1 lemon zested  
1 T curry powder  
1/4 cup fat free yogurt  
2 T organic raisins (chopped)  
4 T chopped basil  
1 spaghetti squash  
4 sprigs thyme  
S and P to taste

1. rub chicken breast with olive oil, lemon zest and season with salt and pepper. Bake in a 350 degree oven for 20-25 minutes or until cooked through. Allow chicken to cool and dice.
2. Mix curry powder, yogurt, chicken, raisins and TASTE.
3. Cut spaghetti squash in half and scoop out the seeds.
4. Place on sheet tray, season with thyme, salt and pepper and roast at 350 degrees for 45-50 minutes or until squash is soft.
5. Using a fork, scrape out spaghetti squash to resemble pasta and toss with basil nad TASTE.
6. Top with chicken curry salad and serve.