

Paleo Pumpkin Cream Chicken Casserole

Ingredients

- 1-1.5 lbs chicken breasts, chopped into 1 inch cubes
- 1 medium sized spaghetti squash, cooked and shredded
- 1 head cauliflower, chopped
- 1 can pumpkin puree OR 16 oz. of pumpkin cooked and pureed in a blender
- ½ can canned coconut milk (full fat)
- 3 garlic cloves, minced
- ½ yellow onion, diced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- salt and pepper, to taste

Instructions

1. Preheat your oven to 425 degrees.
2. Chop cauliflower and put it in a baking dish topped with a little bit of olive oil and salt and pepper. Then cut your spaghetti squash in half, use a spoon to scoop out the seeds and extra threads, place face down on a baking pan. Add the cauliflower and spaghetti squash to the oven, side by side if possible, to roast for around 25 minutes. (Depending how big your spaghetti squash is, the cauliflower made roast a little quicker) \
3. In a large pot, add olive oil and minced garlic over medium high heat. Once the garlic begins to smell fragrant, add chopped onions and cook until translucent.
5. Add chopped chicken to the cooking onions, cover and let steam for around 5 minutes.
6. Once the chicken is about ⅔ cooked through, add your can of pumpkin, half can of coconut milk, and spices directly to the pan. Mix thoroughly. Taste to see if you need any more spices or salt.
7. Once your squash and cauliflower is done cooking, and chicken mixture is heated up, de-thread spaghetti squash with a fork, running the fork the opposite way of the threads.
8. Add your spaghetti squash threads, roasted cauliflower, and chicken mixture to a 9×11 glass baking dish and add dish to the oven under the broiler. Cook for about 5 minutes, getting a little dark on the top.
9. Remove from oven and let sit for around 10 minutes to help the sauce thicken up.