

## BIG JEFF'S DREAM

"GRILLED CHICKEN SPAGHETTI SQUASH CASAROLE"

- 1 3 lb. Spaghetti Squash
- 1 2 lb. Chicken Brest
- 1 medium size sweet onion
- 1 large bellpepper
- 2 can cream of chicken soup
- 3 cup broccoli crowns
- $\frac{3}{4}$  cup milk
- 1 box cheese-it (Chedder Jack) Crackers

### DIRECTIONS

Warm the cream of chicken soup, add broccoli,  
Add chopped sweet onion, add grated bellpepper  
Salt and pepper to taste.

Bake spaghetti squash at 400 deg. For 40 min.

Grill chicken,shred into small strips

Fork the squash into spaghetti, place into dish

Place the strips of chicken over the squash

Pour the heated chicken soup mix over the

Spaghetti squash and the strips of chicken

Bake at 400 for 30 min. pull out

Chrush crackers rough not fine pour over the

Dish ,bake at 400 for 5-or-6 min(light brown)

Pull dish let cool ----- EAT-----Enjoy !

BIG JEFF'S DREAM  
(BIG JEFF'S DRY RUB RIBS)

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