

chattavore

BAKED BUFFALO CHICKEN SPAGHETTI

Prep Time: 15 minutes

Cook Time: 40 minutes

Yield: 6-12 servings

- One 13.25 ounce box angel hair, spaghetti, or linguine, cooked according to package directions and drained (I used whole wheat)
- two tablespoons unsalted butter
- 1 small or 1/2 large onion, chopped
- 2 stalks celery, cleaned and finely chopped
- 2 cups [creamy cauliflower sauce](#) (you can substitute jarred Alfredo sauce, but be aware that this will affect the calorie & fat content)
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1 teaspoon dried parsley
- 1/2 teaspoon dried dill
- 1/8-1/4 teaspoon cayenne pepper
- 2 pounds chicken thighs or breasts, cooked and shredded (I made mine in the slow cooker the day before, seasoned simply with salt and pepper)
- 3/4 cup hot sauce (I used Frank's), divided
- 5 ounces crumbled blue cheese (or substitute shredded mozzarella or cheddar)
- ranch or blue cheese dressing, for serving (optional)

Instructions

1. Preheat the oven to 400 degrees. Cook the pasta according to package directions in an 8-quart pot. Drain and set aside.
2. In the same pot, melt the butter over medium heat. Add the onions and celery and cook until softened. While the onions and celery are cooking, stir the spices into the cauliflower sauce and set aside.
3. When the onions and celery are cooked through, add the chicken to the pot. Add 1/2 cup of the hot sauce and stir to combine. Add the drained pasta, the cauliflower sauce, and four ounces of the cheese. Stir to combine completely.
4. Spread the pasta into a 9x13 inch baking dish. Sprinkle with remaining cheese and drizzle with remaining Buffalo sauce. Bake for 20-25 minutes. Allow to cool for 5-10 minutes, then cut into squares and serve with ranch or blue cheese dressing drizzled over, if desired.

Notes

Cook time does not account for cooking the chicken or the cauliflower sauce. I recommend making both of these ahead of time.