



Southwest Spaghetti Squash Casserole

PREP TIME 20 minutes **COOK TIME** 20 minutes **TOTAL TIME** 40 minutes **SERVING SIZE** 4

Ingredients

- 1 spaghetti squash, roasted and flesh scraped out with a fork into spaghetti-like strands
- 2 teaspoons olive oil
- 1/4 cup finely chopped onions
- 1 jalapeño, seeds removed and finely chopped
- 1 cup black beans (canned), rinsed and drained
- 1 cup frozen corn, defrosted
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon granulated garlic
- salt and fresh ground black pepper to taste
- 1 cup red enchilada sauce, taco or tomato sauce
- 1/2 cup shredded cheese
- Chopped tomatoes for toppings (optional)

Instructions

1. Preheat oven to 375° F.
2. In a large oven safe skillet, heat the olive oil over medium-high heat. When the skillet is hot, add in the onion and jalapeño. Sauté for 2 minutes then add in the black beans, corn, chili powder, cumin and garlic powder. Season with salt and pepper and stir together until combined.
3. Add in the spaghetti squash strands and enchilada sauce. Stir together until combined and top with the shredded cheese. Bake for 15 minutes or until warmed through and the cheese is melted. Top with chopped tomatoes, if desired.

Nutrition Information:

Amount Per Serving: CALORIES: 290 TOTAL FAT: 7g TRANS FAT: 0g Cholesterol: 12.5

SODIUM: 862mg CARBOHYDRATES: 47g FIBER: 13g SUGAR: 11g PROTEIN: 12.5g