



RECIPES

Southwestern Spaghetti Squash Boats

INGREDIENTS:

- 1 large spaghetti squash
- 2 tablespoon olive oil, divided
- 1 clove garlic
- 1 medium yellow onion
- 1lb ground turkey
- 1 red bell pepper, chopped
- 2 roma tomatoes, chopped
- 1 cup frozen corn, thawed
- 1 can black beans, drained
- ½ tablespoon cumin
- ½ tablespoon oregano
- ½ tablespoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper
- Juice of one lime
- ¼ cup Cilantro, chopped
- ½ an avocado, cubed
- 1 cup 2% Mexican cheese blend

INSTRUCTIONS:

1. Preheat oven to 400°F. Poke holes in squash with fork and microwave whole for 7-10 minutes. At this point squash shell should be slightly tender and easier to cut, if not microwave until tender. Cut squash in half lengthwise and scoop out seeds and membrane.
2. Rub inside of squash with 1 TBSP olive oil and place face down on pan, cook for 10-15 minutes or until able to pierce shell with knife or fork.
3. While squash is cooking, heat 1 TBSP oil in large sauté pan over medium heat, add onions and cook 5 minutes, add minced garlic and cook an additional minute then add ground turkey and seasonings and cook 8-10 minutes until turkey is browned.
4. Add bell peppers, tomatoes, corn, black beans and lime juice and cook for 5 minutes until vegetables are soft.
5. When squash is cooked and cool enough to handle, use a fork to pull flesh from skin. Place flesh in bowl and mix with vegetable turkey mixture. Place mixture in spaghetti shells or large casserole dish and top with cheese. Broil for 1 minute until cheese is melted, watch closely to ensure cheese does not burn.
6. Top with chopped cilantro, avocado and enjoy!

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Adapted From: <http://www.thecomfortofcooking.com/2013/10/southwestern-stuffed-spaghetti-squash.html>

