Spaghetti Squash Burrito Boats

INGREDIENTS:

2 medium spaghetti squash, halved, seeds removed
2 Tbsp. extra-virgin olive oil, separated
¼ tsp. salt
½ tsp. chili powder
½ tsp. cumin
½ onion, chopped
2 cloves of garlic, minced
1 lb. ground turkey
1 Tbsp. taco seasoning
⅛ tsp. cayenne pepper
¼ tsp. black pepper
1 (15-oz.) can low sodium black beans, drained and rinsed
1 (15-oz.) can fire roasted diced tomatoes with juices
1 (15-oz.) can unsweetened canned corn, drained
1 c. shredded monterey jack
½ c. shredded white cheddar
1 semi-ripe avocado, sliced
4 Tbsp. fresh cilantro

DIRECTIONS:

Preheat oven to 400 F. After cutting and seeding spaghetti squash, drizzle the cut sides with oil and season with salt, chili powder, and cumin. Place the cut side face down on a large, rimmed baking sheet lined with parchment paper. Roast until tender, about 30 to 35 minutes. Let cool slightly. Using a fork, break up the squash strands.

While the squash is roasting, prepare the filling. In a large pan heat the olive oil over medium heat. Add onions and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute. Add ground turkey. Cook until turkey is golden in color. Stir in taco seasoning and cayenne pepper; add salt and pepper as desired. Stir in drained and rinsed black beans, fire roasted tomatoes with juices, and drained corn. Fill each spaghetti squash with turkey mixture and top with cheese. Place in oven for about 5 minutes or until cheese is melted. Garnish with avocado and fresh cilantro.

NUTRITION:

Makes eight servings. Each serving has 380 calories, 19 g fat, 27 g protein, 28 g carbohydrates, 7 g fiber, and 610 mg sodium.