



Social Eats

Spaghetti Squash Burrito Boats



Makes 8 servings. Each serving (1/4 spaghetti squash) has: 250 calories, 8 g fat, 21 g protein, 24 g carbohydrates, 5 g fiber, and 270 mg sodium.

INGREDIENTS:

- 2 medium spaghetti squash
- 1 Tbsp. extra-virgin olive oil,
- ½ onion, chopped
- 2 cloves of garlic, minced
- 1 lb. ground turkey
- 1 Tbsp. taco seasoning
- ⅛ tsp. cayenne pepper (optional)
- 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 cheddar cheese
- 2 Tbsp. fresh cilantro
- Salt and pepper to taste



Pierce squash with fork all over.



Cook squash: (Choose 1)
Microwave 20 minutes
Multi-cooker 15 minute +1 cup water
Oven 60-90 minutes at 350 F.



Saute onions in olive oil until soft. Add garlic and cook until fragrant, about 1 minute.



Add turkey and cook until golden in color.



Add taco seasoning and cayenne pepper. Stir to combine.



Add beans, tomatoes and corn. Stir together allowing flavors to meld.



When squash are done, slice in half and remove seeds. Break squash strands using a fork.



Evenly top squash with burrito mixture.



Top with cheese.



Bake in 350 F oven for 5 minutes.

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