



Spicy Spaghetti Squash with Black Beans

Recipe Source: www.wholefoods.com

Serves 1

Ingredients:

- 1 medium spaghetti squash, halved lengthwise and seeded (about 4 cups)
- 2 tsp olive oil
- ½ cup chopped red onion
- 1 jalapeño pepper, seeded and minced
- ½ cup red bell pepper, chopped
- 1 cup cooked black beans
- ½ cup sweet corn, frozen or fresh
- 1 tsp chili powder
- ½ cup fresh cilantro, finely chopped, divided
- 1 Tbsp lime juice
- 1 tsp fine sea salt

Steps:

- Preheat oven to 375°. Arrange squash in a large baking dish, cut-sides down. Pour ½ cup water into the dish and bake until just tender, 30-35 minutes. Rake with a fork to remove flesh in strands, leaving the shell intact for stuffing.
- For the filling, heat the oil in a large skillet over medium heat. Add onion, jalapeño, and bell pepper, and cook for 2 minutes or until soft. Add beans, corn, and chili powder. Cook, stirring frequently, 1 minute longer.
- Add cooked squash, ¼ cup cilantro, lime juice, and salt. Cook 1 minute until heated through.
- Fill squash halves with filling, mounding mixture in the center. Garnish each half with 2 Tablespoons cilantro.

Tips from the Test Kitchen: You can leave out the jalapeño if you don't like the heat, or you can use a small can of diced green chilies instead. This recipe can easily be made ahead, just store the filling and squash shells separately, refrigerated, then fill and reheat when ready to serve. Top with cilantro after reheating.

Nutritional Facts: Per Serving: Calories: 609, Carbohydrates: 110 grams, Protein: 24 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 2538 mg, Fiber: 30 grams, Total Sugars: 28 grams.