

SPAGHETTI SQUASH BURRITO BOWL

By: Simply Creative Chef Rob Scott

Ingredients:

Makes 2 Bowls

1 medium sized spaghetti squash
1 tablespoon olive oil
½ cup black beans, rinsed
1 cup salsa, to your level of spiciness
½ pound ground beef
2 tablespoons olive oil
1 small bell pepper, colored, sliced
1 medium red onion, chopped
1 cup of corn kernels
3 tablespoons cilantro, cleaned and chopped
½ teaspoon cumin
½ teaspoon taco seasoning
Salt and pepper
½ cup Monterey and cheddar cheese, shredded

Directions:

- Preheat oven to 400 degrees F
- Drizzle inside of squash with 1 tablespoons olive oil, salt, and pepper
- Place cut sides down on a baking tray lined with foil
- Roast until tender, 30 – 35 minutes
- Cool slightly
- With a fork, break up squash strands
- Meanwhile, in a large skillet over medium heat, heat the olive oil
- Add red onion, bell peppers, cumin, taco seasoning and cook for a few minutes, until soft
- Add ground beef, breaking up the meat with a wooden spoon
- Cook until beef is no longer pink and drain excess grease
- Add black beans, salsa, and corn
- Fill the halves of spaghetti squash with the beef mixture and top with shredded cheese
- Place back in oven to melt the cheese, 5 – 10 minutes
- Optional toppings – scallions, jalapenos, cilantro, sour cream, guacamole