

Spaghetti Squash Burrito Bowls

This recipe showcases a winter squash in a new way – turning the noodle-like strands into the base for a zesty make ahead burrito bowl! It's full of fiber and plant-powered protein to fuel your day.

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 50 MIN
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INGREDIENTS

2 lb.	Spaghetti Squash
1 Tbsp	Olive Oil
1/2 Tbsp	Chili Powder
1/2 Tbsp	Cumin, ground
1/4 tsp	Kosher Salt
1 (15oz) can	Black Beans, canned, drained and rinsed
1 cup	Corn, canned, fresh, or frozen
1/2 cup	Salsa, any variety
1/2 cup	Cheddar Cheese, shredded
2 each	Green Onions, sliced
1 each	Lime, juiced

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 400°F and line a sheet tray with parchment paper or foil.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Drizzle the inside of the squash with the olive oil. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes on the skin of the squash.
3. Bake for 30 to 40 minutes or until lightly browned on the outside and fork tender. The time will vary depending on the size of your squash. Remove from the oven and flip the squash so that the cut side is facing up. When cool enough to handle (about 10 minutes), use a fork to scrape and fluff the strands from the inside of the squash.
4. Transfer the cooked squash to a large bowl. Add the chili powder, cumin, and salt and toss the spaghetti squash in the seasoning until evenly coated.
5. To serve, divide the spaghetti squash between four bowls then add 1/3 cup beans, 1/4 cup corn, 2 Tbsp salsa, and 2 Tbsp cheese to each bowl. Top each bowl with the green onions and add a squeeze of lime juice.

Directions Continued and Nutrition Facts Found on the Reverse Side



CHEF'S NOTES

This recipe makes for easy meal prep to set you up for weekday success. Simply reheat in the microwave for one minute on high, stir, then add more time in 30 second intervals until heated through.

Feel free to customize this bowl with your favorite burrito toppings such as avocado, pickled onions, or cilantro for extra flavor!

Nutrition Facts

4 servings per container

Serving Size about 1 1/2 cups (433 g)

Amount per serving

Calories 280

% Daily Value *

Total Fat 8g 10%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 560mg 25%

Total Carbohydrate 43g 16%

Dietary Fiber 10g 35%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 12g 25%

Vitamin D 0.05mcg 0%

Calcium 240mg 18%

Iron 2mg 14%

Potassium 800mg 16%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

