

SPAGHETTI SQUASH BOWLS

MAKES: 6 servings (1-1/2 cups each)

INGREDIENTS

- 1 spaghetti squash, cut in half and seeds removed
- 2 Tablespoons olive oil
- 1 can (15oz) black beans, drained and rinsed
- 1 can (15oz) diced tomatoes, drained
- 2 cloves garlic, minced
- 1 can (15oz) corn, drained
- 1 cup fresh cilantro, chopped
- 1/4 cup sliced jalapenos (optional)
- 2 teaspoons cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup Mozzarella cheese, shredded

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DIRECTIONS

Preheat oven to 400°F. Cut squash in half, then scoop out and discard seeds. Rub olive oil onto the flesh side of the squash halves. Then place flesh side down in a casserole dish. Bake for 35 to 45 minutes or until you can easily pierce the skin with a fork.

When the squash is done cooking, let cool for 10 minutes. When cool enough to handle, scrape 3/4 of the flesh out with a fork into a large bowl. Mix in black beans, tomatoes, garlic, corn, cilantro, and jalapeno slices (if desired), cumin, salt, and pepper. Once mixed, scoop mixture back into spaghetti squash skins and sprinkle cheese over the top.

Turn on the broiler and broil for 5 to 10 minutes in the oven or until the cheese is golden brown. Cut each squash half into two portions and serve or portion into 4 separate bowls.

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