

## **Zesty Fiesta Stuffed Spaghetti Squash** (Light & Delicious, Main Courses)

- 1 (4 lb) spaghetti squash
- 2 Tbsp olive oil
- 1 red bell pepper, diced.
- 1 med yellow onion, diced.
- ½ lb ground beef (or ground turkey)
- 1 (14 oz) can black beans, drained and rinsed
- 1 (14 oz) can diced tomatoes
- 1 cup frozen corn kernels
- 2 Tbsp Halladay's Harvest Barn Zesty Fiesta Dip & Seasoning Blend
- ¼ cup minced cilantro, optional
- Salt and pepper to taste
- 1 cup shredded jack cheese

### Basic Spaghetti Squash Cooking Directions:

Preheat oven to 350°F and line a cookie sheet with parchment paper or a silicone mat. Place the whole spaghetti squash in the microwave for 5 minutes. This softens the squash slightly, cuts down on the cooking time and makes it easier to cut.

Cut the squash in half lengthwise and scoop out seeds. Drizzle with olive oil and salt and pepper. Roast for about an hour or until the flesh scoops out easily.

Add olive oil to a skillet and heat until hot, add onions and bell peppers and sauté until soft. Add the ground beef or turkey and cook until done. Drain any excess fat. Add the black beans, tomatoes, corn and Zesty Fiesta seasoning; cook until heated through.

Scoop out the spaghetti squash flesh from the shell. Mix with the meat and vegetable mixture. Add salt and pepper to taste. Stuff the empty shells with the filling and top with cheese. Place in a hot oven for 15 to 20 minutes to heat through and melt the cheese.