

## EASY MEXICAN SPAGHETTI SQUASH BOATS

Recipe Adapted from & Inspired by: [Jessalyn Rich](#)

Makes: 2 large boats, with ~2-3 servings for leftovers

### ingredients

1 medium spaghetti squash  
1 medium onion, diced  
2 cloves garlic, minced  
1 red pepper, diced  
¾ cup corn (we prefer frozen & organic)  
1, 15 ounces can black beans, rinsed & drained  
1, 15 ounces can chickpeas, rinsed & drained  
1, 10 ounces can diced tomatoes with green chilies  
1 lime  
Salt & Pepper, to taste  
[Avocado Oil Spray](#), optional

### Optional Toppings:

Avocado  
Cilantro

### directions

Preheat your oven to 350 degrees Fahrenheit.

While the oven is preheating, cut your spaghetti squash in [half](#). Once it is cut in half (the hardest part of this recipe!), scoop out the insides.

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### taco seasoning ingredients:

1 tablespoon chili powder  
¼ teaspoon onion powder  
⅛ teaspoon red pepper flakes  
¼ teaspoon dried oregano  
½ teaspoon paprika  
1 ½ teaspoons ground cumin  
½ teaspoon black pepper  
1 teaspoon salt



Next, make the taco seasoning. Add all taco seasoning ingredients to a small dish and mix together well. Set aside.

Lightly spray each half of the spaghetti squash with avocado oil spray (*optional*). Sprinkle 1 teaspoon (total) of the finished taco seasoning on both halves of the spaghetti squash.

Once the oven is preheated, lay both halves of the squash flat side down on a pan. Bake for approximately 40 minutes, depending on the size of your squash. You'll know when the squash is done when the sides easily pull away with a fork.

While the squash is roasting, prepare the insides. Heat a large skillet to medium heat. Add the diced onion and saute until soft and translucent, about 6-7 minutes. If the onions begin to stick, add water or vegetable broth 1 tablespoon at a time. (You can view our video [here](#) on how to cook onions with this method.)

Add the minced garlic and saute until the garlic becomes fragrant, about 1 minute. Next, add the red pepper, corn, black beans, chickpeas, tomatoes, and the remainder of the taco seasoning. Cook about 8-10 minutes, until the pepper softens. Stirring frequently.

When the squash is done, scrape the insides of the squash with a fork, creating the "spaghetti". Add the squash to the cooked insides and stir until well mixed.

Add the juice of one lime. Taste and season with salt, pepper, or other seasonings if desired. Add a heaping scoop of the prepared inside to each squash boat. Serve with diced avocado, cilantro, and extra lime. Enjoy!

P.S. These make great leftovers!



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