SPAGHETTI SQUASH BURRITO BOWL

By: Simply Creative Chef Rob Scott

**Ingredients:** Makes 2 Bowls

I 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