



## Mexican Spaghetti Squash Bowl



1/4th of recipe (about 1 1/2 cups veggies with 2/3 cup beef and 3 tbsp. guacamole): 289 calories, 10g total fat (2.5g sat fat), 558mg sodium, 25g carbs, 7g fiber, 10g sugars, 28g protein

**SmartPoints®** value 3\*

**Prep:** 15 minutes    **Cook:** 55 minutes



### Ingredients

#### Bowl

1 spaghetti squash (at least 4 1/2 lbs.)  
1 cup chopped bell pepper  
1 cup chopped onion  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
3/4 tsp. salt  
1/2 tsp. black pepper  
1 lb. raw extra-lean ground beef (4% fat or less)  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
1 cup chopped tomato  
1/4 cup chopped fresh cilantro

#### Guacamole

4 oz. (about 1/2 cup) mashed avocado  
1/4 cup fat-free plain Greek yogurt  
1 tsp. lime juice  
1/4 tsp. garlic powder  
1/8 tsp. ground cumin  
1/8 tsp. chili powder

### Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or until soft enough to cut. Once cool enough to handle, halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water. Place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes. (For alternative cooking methods, see below.)

Meanwhile, in a medium bowl, combine guacamole ingredients. Mix until smooth and uniform. Cover and refrigerate.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add bell pepper and onion. Cook and stir until mostly softened, about 5 minutes. Transfer to a large bowl and cover to keep warm.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as needed.

Transfer 5 cups squash to the large bowl. (Save any remaining squash for another time.) Sprinkle with garlic powder, onion powder, 1/4 tsp. salt, and 1/4 tsp. black pepper. Mix well. Re-cover to keep warm.

Clean skillet, if needed. Re-spray, and bring to medium-high heat. Add beef, and sprinkle with cumin, chili powder, remaining 1/2 tsp. salt, and remaining 1/4 tsp. black pepper. Cook and crumble for about 5 minutes, until fully cooked.

Spoon beef over spaghetti squash mixture. Top with guacamole, tomato, and cilantro.

MAKES 4 SERVINGS

**Time-Saving Alternative:** Instead of baking the squash, cook it in the microwave. After softening in the microwave,

halving, and discarding the seeds, place one half of the squash in an extra-large microwave-safe bowl, cut side down. Add 1/4 cup water, cover, and cook for 7 minutes, or until soft. Repeat with remaining squash half.

**Another Alternative:** [Slow-cook your spaghetti squash!](#) Just set it and forget it...

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

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