



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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



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.)

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