



## Burger Blast Spaghetti Squash



1/2 of recipe: 340 calories, 10.5g total fat (4.5g sat. fat), 855mg sodium, 31.5g carbs, 6g fiber, 14.5g sugars, 30g protein

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**Prep:** 20 minutes    **Cook:** 55 minutes



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### Ingredients

#### Filling

1 medium spaghetti squash (about 3 lb.)  
8 oz. raw extra-lean ground beef (at least 95% lean)  
1/2 cup finely chopped onion  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
1 tbsp. yellow mustard  
1/4 cup chopped tomatoes  
1/4 cup shredded reduced-fat cheddar cheese  
1/4 cup chopped dill pickles  
Optional topping: sesame seeds

#### Sauce

2 tbsp. light Thousand island dressing  
1 tbsp. finely chopped onion  
1/4 tsp. granulated white sugar  
1/4 tsp. white wine vinegar

### Directions

Preheat oven to 400°F.

Pierce squash a few times with a fork or knife. Microwave squash for 6 minutes, or until soft enough to cut. Halve lengthwise. Scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down. Bake until tender, about 40 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5-7 minutes. Remove skillet from heat. Add mustard, and mix well.

In a small bowl, mix sauce ingredients until uniform.

Once cooked, thoroughly blot squash halves dry. Empty water from baking pan. Return squash halves, cut side up.

Add half of the sauce to the squash halves (about 1 tsp. each), and lightly spread it over the squash. Top with beef mixture, tomatoes, and cheese.

Bake until cheese melts, 5-7 minutes.

Serve topped with pickles and remaining sauce.

**MAKES 2 SERVINGS**

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