



## Mexican Spaghetti Squash Casserole



1/4th of recipe: 330 calories, 9.5g total fat (4g sat. fat), 733mg sodium, 27g carbs, 6.5g fiber, 10.5g sugars, 34.5g protein

**Prep:** 15 minutes    **Cook:** 1 hour and 25 minutes

**Cool:** 10 minutes

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



### Ingredients

- 1 spaghetti squash (at least 4 1/2 lbs.)
- 1 lb. extra-lean ground beef (4% fat or less)
- 2 1/2 tsp. chili powder
- 2 tsp. ground cumin
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. paprika
- 1/4 tsp. each salt and black pepper
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 2 cups canned crushed tomatoes
- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 1/2 cup shredded reduced-fat Mexican-blend cheese
- 1/4 cup sliced black olives

### Directions

Preheat oven to 400 degrees. Spray an 8" X 8" baking pan with nonstick spray.

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 and place squash halves in the pan, cut sides down.

Bake until tender, about 40 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, 1 tsp. chili powder, 1 tsp. cumin, and 1/8 tsp. each of remaining seasonings. Cook and crumble until beef is mostly cooked, about 5 minutes. Add bell pepper and onion. Cook and stir until beef is fully cooked and veggies have softened, about 4 minutes. Transfer to a large bowl.

Remove squash from oven, but leave oven on. Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture.

Thoroughly blot squash strands dry, removing as much moisture as possible. Transfer 5 cups to the large bowl. (Reserve any extra squash for another time.)

Add canned crushed tomatoes, egg whites/substitute, and remaining 1 1/2 tsp. chili powder, 1 tsp. cumin, and 1/8 tsp. each of remaining seasonings. Mix thoroughly.

Transfer mixture to the 8" X 8" baking pan and smooth out the surface.

Bake until slightly firm, about 25 minutes.

Sprinkle with cheese and olives. Bake until cheese has melted and lightly browned, about 10 minutes.

Let stand for 10 minutes before slicing.

MAKES 4 SERVINGS

**Time-Saving Alternative:** Instead of baking the squash, cook it in the microwave. After scooping out 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 squash! [Get the details here.](#)

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