

Spaghetti Squash Greek Bowls

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-bowls-recipe>

Ingredients:

- 2 spaghetti squash sm-med
- salt
- pepper
- 10 ounces tuna
- 6 ounces crumbled feta
- 1 red bell pepper *cut into strips
- 1 pint grape tomatoes *cut in half
- 1 English cucumber *roughly diced
- 1/2 red onion *finely diced
- 10 ounces Kalamata olives
- Italian parsley *for garnish, optional
- 1/2 cup extra-virgin olive oil
- 1/2 cup lemon juice *about 2 lemons
- 1/2 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon sea salt
- 3 cloves garlic *minced or crushed

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 65 milligrams
4. Fat: 54 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 12 grams
8. Sodium: 2030 milligrams
9. Sugar: 8 grams

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