

# Spaghetti Squash New Mexican with Black Beans + Lime

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-restaurant-goat-cheese-dip-recipe>

## Ingredients:

- 1 spaghetti squash medium
- sea salt
- Sea salt and ground pepper
- extra-virgin olive oil A drizzle of fruity, as needed
- chili powder
- cumin
- water A splash of, as needed
- extra-virgin olive oil
- 1 red onion or medium sweet, diced
- 4 cloves garlic chopped
- 2 ears corn kernels fresh, cut off [or try a red bell pepper, diced]
- cumin powder to taste
- 1 cup grape tomatoes ripe and juicy, halved
- 14 ounces black beans rinsed, drained well
- 2 whole green chiles roasted, mild or spicy, seeded, chopped
- 1 lime for zest, and juice
- toasted pine nuts or pumpkin seeds
- chopped cilantro Fresh
- lime wedges
- 1 cube goat cheese or feta, leave out for vegan

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 56 grams
3. Fat: 15 grams
4. Fiber: 12 grams
5. Protein: 12 grams

6. SaturatedFat: 1.5 grams
  7. Sodium: 670 milligrams
  8. Sugar: 4 grams
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