

Mexican Spaghetti Squash Casserole With Avocado Salsa

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-squash-casserole>

Ingredients:

- 3 pounds spaghetti squash sliced in half lengthwise, seeds scraped with a spoon
- 1 packet taco seasoning
- 14 1/2 ounces roasted tomatoes drained
- 2/3 cup canned black beans rinsed and drained
- 1 cup shredded cheese or more, I use a Mexican 4-cheese blend
- 3 jalapeno chilies fresh, slices, optional
- 1/4 cup cilantro leaves fresh, chopped, optional
- salt
- pepper
- 2 tomatillos medium, peeled and chopped
- 1 garlic cloves peeled and chopped
- 1 avocado large, peeled, pitted and chopped
- 2 tablespoons fresh lime juice

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 30 milligrams
4. Fat: 21 grams
5. Fiber: 10 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 640 milligrams
9. Sugar: 2 grams

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