

Southwestern Stuffed Spaghetti Squash

Yield: 2 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-squash-recipe-indian-style>

Ingredients:

- 1 spaghetti squash medium
- 1 tablespoon olive oil
- 1/2 red onion chopped
- 2 garlic cloves minced
- 1 jalapeno pepper minced, leave seeds in for more heat
- 1 red bell pepper chopped
- 1/2 tablespoon ground cumin
- 1/2 tablespoon oregano
- 1/2 tablespoon chili powder
- cracked black pepper
- kosher salt
- 15 ounces black beans drained and rinsed
- 1 cup frozen corn thawed
- 1/2 cup cilantro freshly torn, plus more for garnish
- 1 lime
- 1 cup cheddar cheese grated

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 110 grams
3. Cholesterol: 60 milligrams
4. Fat: 33 grams
5. Fiber: 21 grams
6. Protein: 37 grams
7. SaturatedFat: 13 grams
8. Sodium: 1710 milligrams
9. Sugar: 7 grams

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