



Spaghetti Squash Burrito Bowls

2 servings

40 minutes

Ingredients

- 1 Spaghetti Squash (medium)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Oregano
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 cup Red Onion (finely diced)
- 1 Tomato (diced)
- 1/2 Avocado (cubed)
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (sliced into wedges)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 3 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 4 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 5 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

Notes

Vegan & Vegetarian: Use black beans instead of ground meat.

Leftovers: Refrigerate in an air-tight container up to 2 days. Reheat before serving.