

Spaghetti Squash Spaghetti



Ingredients:

- 4-5 lb Spaghetti Squash
- 14.5 oz can of Hunts 100% Natural no salt added diced tomatoes
- ½ a can of 15.5 oz Goya Black Beans, low sodium
- ½ red onion
- ½ lime juiced

Directions:

1. Heat Oven to 350 degrees
2. Fill 9 x 13 baking dish with ½ inch of water
3. Carefully cut the spaghetti squash in half, (from stem to base) Scoop seeds out of squash. Discard seeds. Unless you would like to bake them separately. Puncture each half several times with a knife. Lay each half of the squash down in the 9 x 13 baking dish.
4. Cook at 350 degrees for 30 minutes.
5. Remove from oven and let cool for 5 minutes.
6. Shred the squash with a fork
7. Strain the shredded squash
8. Combine the sauce and the squash in a large pan and cook on low for 5 more minutes

Sauce:

1. Cut the red onion in half
2. Dice ½ of the onion
3. Place diced onion, ½ can of black beans, , and tomatoes in pot
4. Cut the lime in half, and squeeze juice in the pot
5. Cook on low to simmer for 10 minutes
6. Enjoy (add protein of choice)