

# Enchilada Spaghetti Squash

## Ingredients:

1 large spaghetti squash  
2 teaspoons olive oil  
½ teaspoon garlic powder  
½ teaspoon onion powder  
black pepper, to taste

1 tablespoon olive oil  
1 medium onion, diced  
1 bell pepper, diced  
1 large can of enchilada sauce  
1 cup part-skim shredded Mexican cheese blend

*Optional: chopped cilantro and scallions for garnish*

## Instructions:

1. Preheat oven to 350F degrees. Line a baking sheet with foil.
2. Cut the squash in half lengthwise, and use spoon to scrape out the seeds.
3. Brush the inside of the squash with 2 teaspoons of olive oil and sprinkle with onion powder, garlic powder, and pepper. Place the squash face down on the baking sheet and bake for 50-55 minutes or until the flesh easily pierces with a fork.
4. In a medium-large skillet sauté onions and peppers in olive oil, once tender add enchilada sauce, keep warm until squash is finished cooking.
5. Once the squash is cool enough to handle, use a fork to scrape the inside so the strands appear.
6. Spoon enough of the enchilada sauce mixture inside each squash bowl until almost full.
7. Top evenly with the cheese and transfer them to the oven and bake another 5 minutes, until the cheese is melted.
8. Remove from the oven, sprinkle with cilantro and scallions and serve immediately!

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** 278

% Daily Value\*

**Total Fat** 14.7g 19%

Saturated Fat 4g 20%

**Cholesterol** 18mg 6%

**Sodium** 869mg 38%

**Total Carbohydrate** 28.1g 10%

Dietary Fiber 4.3g 15%

Total Sugars 11.4g

**Protein** 9g