

Tuscan Spaghetti Squash

Ingredients:

1 large spaghetti squash
1TBS extra virgin olive oil
Kosher salt
Black pepper
4 slices of bacon
2 cloves garlic, minced
1 ½ cups cherry tomatoes halved
2 cups baby spinach
½ cup heavy cream
1/3 cup grated Parmesan cheese
Fresh Basil, for garnish

Directions:

Preheat oven to 400 degrees

Cut squash in half lengthwise. Using a sturdy tablespoon scrape out the seeds from both sides. Rub olive oil all over cut side of squash and season with salt and pepper. Place cut side down on a baking sheet. Bake 35-45 minutes until tender. Let cool enough to handle. Then use a fork or two to pull spaghetti squash from the wall of the squash.

While the squash is cooling, cook the bacon in a skillet on about medium heat and cook until crispy. Transfer to a paper towel lined plate to drain grease.

Pour off half of the bacon grease and add the garlic and tomatoes to the skillet for about a minute (don't burn your garlic). Season with salt and pepper. Add heavy cream and Parmesan Cheese and let simmer until slightly thickened. Add spaghetti squash and baby spinach and toss until fully coated. Crumble bacon over top and mix in. Garnish with fresh basil.

Spaghetti Squash Burrito Bowls

Ingredients:

Spaghetti squash prep:

1 medium/large spaghetti squash halved lengthwise and seeded

1 TBS extra virgin olive oil

Salt/pepper

½ tsp chili powder

½ tsp ground cumin

Filling prep:

1 TBS extra virgin olive oil

½ onion chopped

2 cloves garlic minced

1 lb. ground beef (you can substitute ground turkey, chicken, pork)

1 TBS taco seasoning

Salt/pepper

15 oz can black beans (drained)

1 ½ cups cherry tomatoes halved

1 cup frozen or drained canned corn

1 cup shredded Monterey jack cheese

½ cup shredded cheddar cheese

2 TBS chopped cilantro

Directions:

Preheat oven to 400 degrees

Cut squash in half lengthwise. Using a sturdy tablespoon scrape out the seeds from both sides. Rub olive oil all over cut side of squash and season with salt, chili powder and cumin. Place cut side down on a baking sheet. Bake 35-45 minutes until tender. Let cool enough to handle. Then use a fork or two to pull spaghetti squash from the wall of the squash.

While the squash is cooling, in a large skillet over medium heat, heat olive oil. Add onion and cook for about 2 minutes before adding garlic and ground beef. Cook until beef is no longer pink. Drain fat off and discard in the trash.

Stir in taco seasoning, then season to taste with salt/pepper. Check flavor and add a little more taco seasoning if you would like. Stir in black beans, cherry tomatoes, and corn. Cook until heated through.

Fill each spaghetti squash with beef mixture and top with cheeses. Return to oven to melt cheese, 5 minutes. Garnish with cilantro and serve.