

## Pasta Alternatives:

### **Spaghetti Squash Boats**

Recipe by: your nutritionist, Victoria! Serves 2

#### Ingredients:

1 spaghetti squash

2 garlic cloves, minced

¼ cup salsa

¼ cup of plain Greek yogurt

1 cup of black beans, cooked

1 bell pepper, finely diced

½ small onion, finely diced

½ avocado, for topping

Optional: 1 diced jalapeno (for you spicy food lovers)

Optional: dash of cayenne, chipotle, cumin, and chilli powder (for an extra spicy punch!)



#### Directions

Preheat oven to 350 degrees.

Cut spaghetti squash in half (vertically) and scoop out the seeds and pulp. Spread the garlic cloves, pepper to taste, and sprinkle of olive oil on the squash. Place cut spaghetti squash on a baking dish and bake for 1 hour. After 1 hour, remove from oven and allow to cool for 10-20 minutes (or make it ahead of time!)

In a small bowl, mix together the salsa, Greek yogurt, black beans, bell pepper and onions. Include optional diced jalapeno and spices if desired. Divide mixture evenly into each half of the squash.

Place in oven for 10 minutes or until thoroughly heated.

Remove from oven and serve with additional avocado added for topping.

Another idea: Bake the spaghetti squash for one hour, let it cool, and “fork” out the squash, which creates “noodles”. Use this instead of pasta for spaghetti, or your favorite pasta dish.