

# Taco Spaghetti Squash

Prep Time: 15 Minutes   Cook Time: 35 Minutes   Total Time: 50 Minutes

This Taco Spaghetti Squash is a fun, lighter twist on taco night. Tender spaghetti squash strands are topped with seasoned ground beef, sautéed vegetables, and classic taco toppings for a flavorful, satisfying meal.

**For Thin's In:** Count as 4 Proteins, Limited Veggie, Unlimited Veggies | Individual Serving

## INGREDIENTS

- ½ spaghetti squash
- 3 oz ground beef, seasoned
- ½ sweet onion, diced
- ½ bell pepper, diced
- 4 oz corn
- 1 oz shredded cheese
- Salsa (to taste)
- Cooking spray
- Salt & pepper
- Optional: Chili Powder, Cumin, Garlic Powder, Mexican Seasoning
- Optional Garnish: Sour Cream

## INSTRUCTIONS

### Cook the spaghetti squash (microwave method)

- Microwave whole squash for 5 minutes to soften
- Carefully cut in half lengthwise and scoop out seeds
- Place one half cut-side down on a microwave-safe dish and save the other half or double recipe for 2 servings
- Season with Salt and Pepper to Taste
- Microwave for 8–10 more minutes, until tender
- Let cool slightly, then use a fork to scrape into “spaghetti” strands

### Cook the beef and vegetables

- Heat a pan over medium heat and coat with cooking spray
- Add ground beef and cook until browned, breaking it apart as it cooks
- Add sweet onion and bell pepper, cooking until softened
- Stir in corn and cook until heated through
- Season as desired with taco seasoning or spices
- Mix the spaghetti squash strands into the beef and vegetable mixture
- Spoon the mixture back into a bowl
- Sprinkle 1 oz shredded cheese over the top
- Top with desired amount of salsa
- Be sure to measure sour cream if added!