



Tex Mex Spaghetti Squash Casserole

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| 1 small (about 2 pounds) spaghetti squash | 2 teaspoons dried cumin | 1 (4 to 5 ounce) can chopped mild green chilies |
| 1 pound lean ground beef | ¼ teaspoon ground cayenne pepper | 1½ cups low fat cheddar cheese |
| ½ cup chopped onion | ½ teaspoon salt | 1 tablespoon chopped cilantro |
| ½ cup chopped red bell pepper | 1 cup chopped fresh tomatoes | |
| 1 teaspoon minced garlic | | |

Preheat oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

combine the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

Yield: 9 servings.

Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

Kentucky Spaghetti Squash

SEASON: August through October.

NUTRITION FACTS: Squash is low in calories. One cup raw squash contains 42 calories. It contains vitamin C, potassium and calcium. It is naturally free of fat and cholesterol.

SELECTION: Choose squash that is a creamy to deep yellow in color. Look for hard skinned, evenly colored squash without blemishes or ridges. Avoid squash that are tinged with green as they are not mature.

STORAGE: Spaghetti squash can be stored at room temperature for up to one

month. Longer if stored in a cool, dry, dark location. Do not wash before storing.

PREPARATION:

To Bake: Pierce holes in the squash and place in a baking dish. Bake at 350 degrees F for one hour or until the skin gives easily under pressure and the inside is tender. Cool for 10 to 15 minutes.

To Microwave: Pierce holes in the squash and microwave on high for 10 to 12 minutes. Let stand 5 minutes.

Halve squash lengthwise and discard seeds. Shred squash with a fork and serve.

KENTUCKY SPAGHETTI SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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