

One-Pan Tex Mex Spaghetti Squash

Ingredients

- 1 2 1/2-3 lb. spaghetti squash, halved lengthwise and seeded
- 3 tablespoons olive oil
- salt and pepper
- 2 garlic cloves, minced
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1 15-oz. can black beans, rinsed
- 1 cup frozen corn
- 6 oz. cherry tomatoes, halved
- 6 scallions sliced thinly
- 1 jalapeno, minced (take out seeds for less heat)
- 1 avocado, pitted and cut into 1/2" chunks
- 2 oz. queso fresco, crumbled (1/2 cup)
- lime wedges

Instructions

- Adjust oven rack to middle position and heat oven to 375 degrees. Spray 8-inch square baking dish with vegetable oil spray. Brush cut sides of squash with 1 tablespoon oil and season with salt and pepper. Place squash, cut side down, in prepared dish (squash will not sit flat in dish) and roast until just tender, 40 to 45 minutes. Flip squash cut side up and let sit until cool enough to handle, about 20 minutes.
- While squash roasts, combine remaining 2 tablespoons oil, garlic, paprika, cumin and 3/4 teaspoon salt in large bowl and microwave until fragrant, about 30 seconds. Stir in beans, corn, tomatoes, minced scallions and jalapeño until well combined.
- Using fork, scrape squash into strands in bowl with bean mixture. Stir to combine, then spread mixture evenly in dish and cover tightly with aluminum foil. Bake until warmed through, 20 to 25 minutes.
- Remove dish from oven. Sprinkle with avocado, queso fresco and sliced scallions. Serve with lime wedges, if using.