Roasted Mexican Spaghetti Squash



INGREDIENTS

1 large spaghetti squash (cut in half lengthways)

2 teaspoons olive oil

Salt and pepper to taste

2 cup canned diced tomatoes

1 cup black beans

1 teaspoons chili powder

2 teaspoon cumin

1 teaspoon salt

1 ½ cups low-fat mozzarella cheese

DIRECTIONS

1. Preheat oven to 180°C.
2. Drizzle olive oil over squash; sprinkle with salt and pepper. Place cut-side down on a rimmed baking sheet. Bake for 40 minutes or until you can pierce the squash easily with a fork.
3. Use a fork or spoon to gently remove the "spaghetti" strands from the inside of the squash. Try to retain the shape of the skin because you will be putting the squash back in.
4. Transfer to a medium bowl.
5. Add diced tomatoes, black beans, chili powder, cumin, and salt to the squash. Toss until combined. Transfer squash mixture back to skin and sprinkle with cheese.
6. Place back in the oven until the cheese is melted and golden brown and the mixture is hot, about 15 minutes.
7. Carefully serve from the whole squash onto each plate, trying to keep the cheese on the top.