

Southwestern Stuffed Spaghetti Squash

from [Bev Cooks](#)

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1 spaghetti squash, about 3 pounds
2 tbsp extra-virgin olive oil
1/2 red onion, chopped
3 garlic cloves, minced
1 jalapeno pepper, minced (leave seeds in for more heat)
1 red bell pepper, chopped
1 tbsp ground cumin
1 tbsp oregano, Mexican if you have it
1 tbsp chili powder
1 14.5 oz can black beans, drained and rinsed
1 c frozen corn, thawed
coarse salt
freshly ground pepper
1/2 c freshly torn cilantro, plus more for garnish
1 lime
1 c cheddar cheese, shredded

Preheat oven to 375°F.

Roast squash on a baking sheet for 50 minutes.

Let cool 20-30 minutes, then cut in half.

Spoon out the seeds, then using a fork, scrape up the flesh, reserving about 1/2-1" against the skin.

Heat oil in a medium skillet. Add the onion, garlic, jalapeno pepper and red bell pepper. Sauté 2 minutes.

Add cumin, oregano, chili powder, and salt and pepper to taste. Sauté another minute.

Add the beans, corn, and cilantro. Stir to combine.

Squeeze in the lime juice and give one last stir.

Add in half the "spaghetti" to the bean mixture and stir to combine. Taste and season accordingly.

Stuff each squash half with the mixture and top with cheese.

Return squash to oven until the cheese melts and gets all brown and bubbly. Garnish with cilantro.