

# SALSA SPAGHETTI SQUASH

Preparation: **15** minutes | Cooking: **15** minutes | Servings: **4**

## INGREDIENTS

*1 medium spaghetti squash*  
*1 medium ripe avocado, peeled and cubed*  
*1 medium onion, chopped*  
*1 can (15 ounces) black beans, rinsed and drained*  
*2 cups salsa*  
*3 tablespoons minced fresh cilantro*



## INSTRUCTIONS

Cut squash lengthwise in half; discard seeds. Place squash on a microwave-safe plate, cut side down. Microwave, uncovered, on high for 15-18 minutes or until tender. Meanwhile, in a lightly oiled nonstick skillet, cook and stir onion over medium heat until tender. Stir in salsa, beans and cilantro; heat through. Gently stir in avocado; cook 1 minute longer. When squash is cool enough to handle, use a fork to separate strands. Serve squash topped with salsa mixture.