



Roasted Spaghetti Squash w/ 1-2-3-Chili

2 servings

INGREDIENTS

- 1 Spaghetti squash
- 1Tbsp. olive oil
- 1 med onion, diced
- 1 can diced tomato w/green chili peppers, 10 oz *
- 1 can chili beans, 15 oz *
- 1 Tbsp. Cheddar Cheese, shredded for topping
- Chive, chopped (optional)

*No salt added and low sodium versions are preferred.

DIRECTIONS

1. Pre-heat oven to 400°F. Cut squash in half lengthwise. Remove seeds (save for roasting, optional) Put squash on a lined or lightly greased baking sheet cut side down. Bake until fork tender, but still a little firm; about 30 minutes. The time will vary depending on the size of the squash. Remove from oven and carefully turn over squash so it is cut side up. Allow to cool for 5 minutes. Working from the outside to the center, use a fork to separate into long strands. Transfer to dishes.
2. While squash is roasting, prepare **1-2-3 Chili**. Heat a 1 quart saucepan over med-high. Add olive oil and diced onion, sauté until onions are translucent. Add diced tomatoes, including juice. Lightly drain beans with chili sauce, add to tomatoes and onions. Simmer for 5 minutes.
3. Top Spaghetti Squash with Chili, shredded cheddar and chopped chives. Serve hot!



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