



Spaghetti Squash Fajita Bowl

Ingredients:

- ½ spaghetti squash
- 1 bell pepper
- ½ onion
- Salsa
- Nacho cheese dip

- Parsley

- Salt

Directions:

- Roast a spaghetti squash in the oven at 450 degrees for one hour
- Sautee ½ onion in a skillet
- Sautee the pepper along with the onion when the onion are soft
- Take out the squash and cut in half
- Scrape out the seeds and some of the squash
- Fill in with onions and peppers
- Top with salsa and cheese
- Sprinkle with parsley

Nutrition:

Cals: 174

Fat: 3.7g

Carb: 34.3g

Pro: 4.6g