



FYGmdnp Recipe

Spaghetti Squash Taco Boats

Makes 2 servings

- 2 medium sized spaghetti squash
- 1 package of organic, 100% grass fed beef
- organic Mexican cheese blend (can substitute with vegan cheese) • 1 medium sized avocado
- Fresh salsa/pico de Gallo to garnish
 - organic ghee
- Taco seasoning or cumin and chili powder
 - Optional: organic sour cream

1. Cut squash in half, remove seeds, rub inside of halves with avocado or olive oil, and sprinkle with salt and pepper. Place inside down on foiled lines baking sheet and roast at 375 F until skin gives to the touch or starts to dimple.

2. In the meantime, cook ground beef on stovetop with a little ghee, adding taco seasoning or chili/cumin blend and a few scoops of the salsa about half way through the cooking process.

3. Remove squash from oven when done and shred up the inside. Leave fill inside the skin so it appears as a bowl of spaghetti noodles.

4. Top with cooked beef, more salsa, a sprinkle of cheese and place back in the oven. Broil until cheese melts.

5. Remove from the oven, top bowls with sliced avocado and a dollop of sour cream if desired.

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