



A Nutrition Resource

Bison Spaghetti Squash Burrito Bowl

Yield: 5 Servings | Serving Size:

10.2 oz

Ingredients:

Taco Seasoning:

- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne

For Filling

- 1 tbsp. extra-virgin olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground bison
- taco seasoning mix
- Freshly ground black pepper
- 1 (15-oz.) can black beans
- 1 c. chopped cherry tomatoes
- 1 c. corn, canned and drained or frozen
- 1 c. shredded Monterey jack
- 1/2 c. shredded cheddar
- 2 tbsp. freshly chopped cilantro (optional)

Spaghetti Squash:

- 1 medium spaghetti squash, halved, seeds removed
- 1 tbsp. extra-virgin olive oil
- 1/2 tsp. chili powder
- 1/2 tsp. cumin

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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Directions:

- 1) Preheat oven to 400°. Drizzle cut sides of spaghetti squash with oil and season with chili powder and cumin. Place cut side down on a large baking sheet. Roast until tender, 30 to 35 minutes. Let cool slightly. Using a fork, break up squash strands.
- 2) Meanwhile, make filling: In a large skillet over medium heat, heat olive oil. Add onion and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground bison, breaking up the meat. Cook until bison is cooked, about 10 minutes.
- 3) Stir in taco seasoning, then season to taste with salt and pepper. Stir in black beans, cherry tomatoes, and corn.
- 4) Fill each spaghetti squash with beef mixture and top with cheeses. Return to oven to melt cheese, 5 minutes. Garnish with cilantro and serve.

Nutrition Facts		
Amount per		
1 serving (10.2 oz)		289 g
Calories 479	From Fat 212	
% Daily Value*		
Total Fat 23.9g		37%
Saturated Fat 10.9g		55%
Trans Fat 0.2g		
Cholesterol 89mg		30%
Sodium 904mg		38%
Total Carbohydrates 35g		12%
Dietary Fiber 6g		24%
Sugars 3g		
Protein 33g		67%
Vitamin A 38%	Vitamin C 16%	
Calcium 35%	Iron 32%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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