

SPAGHETTI SQUASH BURRITO BOWL

By: Simply Creative Chef Rob Scott

Ingredients:

Makes 2 Bowls

1 medium sized spaghetti squash
1 tablespoon olive oil
½ cup black beans, rinsed
1 cup salsa, to your level of spiciness
½ pound ground beef
2 tablespoons olive oil
1 small bell pepper, colored, sliced
1 medium red onion, chopped
1 cup of corn kernels
3 tablespoons cilantro, cleaned and chopped
½ teaspoon cumin
½ teaspoon taco seasoning
Salt and pepper
½ cup Monterey and cheddar cheese, shredded

Directions:

- Preheat oven to 400 degrees F
- Drizzle inside of squash with 1 tablespoons olive oil, salt, and pepper
- Place cut sides down on a baking tray lined with foil
- Roast until tender, 30 – 35 minutes
- Cool slightly
- With a fork, break up squash strands
- Meanwhile, in a large skillet over medium heat, heat the olive oil
- Add red onion, bell peppers, cumin, taco seasoning and cook for a few minutes, until soft
- Add ground beef, breaking up the meat with a wooden spoon
- Cook until beef is no longer pink and drain excess grease
- Add black beans, salsa, and corn
- Fill the halves of spaghetti squash with the beef mixture and top with shredded cheese
- Place back in oven to melt the cheese, 5 – 10 minutes
- Optional toppings – scallions, jalapenos, cilantro, sour cream, guacamole

SHRIMP FAJITAS SHEET PAN STYLE

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Ingredients:

Yields 4 servings

1 ½ pounds of shrimp, peeled and deveined
1 yellow bell pepper, sliced thin
1 red bell pepper, sliced thin
1 orange bell pepper, sliced thin
1 small red onion, sliced thin
1 ½ tablespoons extra virgin olive oil
1 teaspoon kosher salt
Several turns of freshly ground pepper
2 teaspoons chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground cumin
½ teaspoon smoked paprika
Lime
Fresh cilantro, for garnish
Tortilla, warmed

Directions:

- Preheat the oven to 450 degrees F
- In a large bowl, combine onion, bell peppers, shrimp, olive oil, salt, pepper, and spices
- Toss to combine
- Spray baking sheet with non-stick cooking spray
- Spread shrimp, bell peppers, and onions on baking sheet
- Cook at 450 degrees for about 8 minutes then turn oven to broil and cook for an additional 2 minutes or until the shrimp is cooked through
- Squeeze juice from fresh lime over fajita mixture and top with fresh cilantro
- Serve in warm tortillas

Holy Guacamole

Yield 6 servings

3 Haas avocados, halved, seeded, and peeled

1 lime, juiced

½ teaspoon kosher salt

½ teaspoon ground cumin

1/8 teaspoon cayenne

½ medium onion, diced

½ jalapeno pepper, seeded and minced

2 Roma tomatoes, seeded and diced

1 tablespoon chopped cilantro

1 clove garlic, minced

In a large bowl, place the scooped avocado pulp and lime juice, toss to coat. After all avocados have been coated, using a potato masher, add the salt, cumin, and cayenne and mash.

Then, fold in the onions, tomatoes, cilantro, and garlic. Let sit at room temperature for 1 hour and then serve.

Serve with tortilla chips, quesadillas, or tacos.

STRAWBERRY-BASIL AGUA FRESCA

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Ingredients:

Yields 4 servings

1 pound strawberries, hulled
½ cup sugar
6 large basil leaves
2 tablespoons lemon juice
4 cups cold water
Ice, for serving
Basil sprigs, optional as garnish

Directions:

- In the pitcher of a blender, add the strawberries, sugar, basil leaves, and lemon juice
- Puree on high for 1 minute
- Add half of the cold water and puree again for an additional minute
- Pour into a large serving pitcher and stir in the remaining water
- Serve the agua fresca over ice and garnish with a basil sprig, if desired