MEXICAN SPAGHETTI SQUASH CASSEROLE

October 2023 Make and Take

25 FAMILIES WILL BE CHOSEN TO RECEIVE FREE INGREDIENTS!

Participants must have access to internet as the Make & Take is virtual, sessions will be pre-recorded and sent out via email. Ingredients must be picked up on Wednesday, October 18th, at the Stockbridge-Munsee Health & Wellness Center from 11:45am-1:15pm. Sign up is October 2nd–October 6th. We will be drawing names for the Virtual Make & Take and will contact you on October 10th if your name has been chosen.

For more information or to sign up contact Casey @ 715-793-5006

ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THRU GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO ANITA. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.
Mexican Spaghetti Squash Casserole

Mexican spaghetti squash casserole with ground turkey, black beans, corn and cheese. Simple to prepare, lower in carbs, and leftovers keep amazingly well!

Ingredients
- 2 lbs spaghetti squash cooked & cooled slightly
- 1 lb ground turkey
- 2 bell peppers chopped into small pieces
- 11.5 oz can of corn drained
- 18 oz can of black beans drained & rinsed
- 4.3 oz can of green chiles
- 18 oz can of diced tomatoes including juices
- 10 oz can of mild enchilada sauce
- 1 tablespoon mild chili powder
- 1 tablespoon cumin
- ½ teaspoon salt
- 2 eggs
- 2 cups cheese divided; mozzarella or monterey jack

Instructions

1. **Cook spaghetti squash** - Cook spaghetti squash. Scoop out seeds and shred into noodles with a fork.
2. **Cook Turkey** - Heat oven to 350°F. Cook ground turkey in a nonstick skillet over medium heat, breaking it up with a spatula and cooking until no pink remains (roughly 7 minutes). Cool slightly.
3. **Combine** - In a large bowl, stir together all ingredients, reserving ¾ cup of cheese. Scrape into a deep 9X13 inch casserole dish and sprinkle with the reserved ¾ cup of cheese.
4. **Bake** - Cover and bake for 45 minutes. Bake uncovered for another 15 minutes, until casserole is cooked through and bubbling.
5. **Serve** - Allow casserole to rest for at least 10 minutes before serving. The longer it sits the more it sets up.

Nutrition

Serving: 1/8 of batch | Calories: 384kcal | Carbohydrates: 38g | Protein: 31g | Fat: 13g | Saturated Fat: 6g | Cholesterol: 101mg | Sodium: 857mg | Potassium: 845mg | Fiber: 10g | Sugar: 9g | Vitamin A: 2130IU | Vitamin C: 53.8mg | Calcium: 285mg | Iron: 4.4mg