

## Seasoned Ground Beef and Spaghetti Squash

*Get plenty of nutrients while getting your protein!*

### INGREDIENTS

1 lb 95% fat free ground beef (or ground turkey/chicken)  
1 teaspoon salt-free steak seasoning  
1 spaghetti squash  
1 cup water  
Tabasco sauce



### DIRECTIONS

Cook/prepare the ground beef as you would normally. I suggest using the ‘George Foreman Grill’ for the quickest and healthiest way!

While the ground beef is cooking, prepare the spaghetti squash. I use the microwave. Cut the squash in half (If you only need to prepare one half of the squash now, store the other half in the refrigerator w/plastic wrap over it). Clean-out the seeds from the middle. Place 1 cup water in each half. Place the squash in a bowl to help it balance and keep the water inside. Cook on HIGH for 3-6 minutes. The timing depends on the size of the squash. You will know it is done when the sides fall in when trying to lift it out of the bowl. Use a fork to scrap the ‘spaghetti’ out!

When the ground beef is cooked thoroughly, sprinkle on the steak seasoning to your liking. Place ground beef over top your ‘spaghetti’ and add a few dashes of Tabasco sauce or spray butter as you wish!

Spaghetti squash yields about 40 calories per cup, so enjoy! [Read more about spaghetti squash!](#)