

# Avocado and Egg Spaghetti Squash Boats

## Starch Swap Dishes

Source: [ifoodreal.com/avocado-and-egg-spaghetti-squash-boats-recipe/](https://ifoodreal.com/avocado-and-egg-spaghetti-squash-boats-recipe/)



**PREP TIME:**

15 MINS



**COOKING TIME:**

50 MINS

### INSTRUCTIONS

1. Preheat oven to 400°F. Cut spaghetti squash in half lengthwise and scoop the seeds out. Place cut side down on a baking sheet lined with parchment paper and bake for 30 minutes. Remove from the oven and let cool until safe to the touch, about 15 minutes.
2. Increase oven temperature to 425 degrees F. Using a fork, separate spaghetti squash into strands leaving them inside the shells. Add 2 tablespoons of salsa to each half and mix gently with a fork. Top with 1/2 avocado and break 1 egg on top of each shell. If you like runny egg yolk, do not make a well in the middle of the squash and break the egg on top. For a fully baked egg, sink it more into squash. Bake for 20 - 22 minutes or until the egg whites appear to be set. Serve hot drizzled with ketchup.
3. Storage Instructions: Refrigerate covered for up to 1 day.

Five-ingredient healthy, vegetarian and gluten-free breakfast for dinner.

### INGREDIENTS

- 1 small spaghetti squash
- 4 tablespoons salsa, divided
- 1 avocado, chopped & divided
- 2 large eggs
- 4 tablespoons low sodium ketchup, divided