

Low-Carb Chorizo Stuffed Spaghetti Squash

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 21.8 g, Fiber: 5.8 g, **Net carbs: 16 g**,

Protein: 26.4 g, Fat: 40.4 g, Calories: 548 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

2 small or 1 medium spaghetti squash, seeds removed (800 g/ 1.76 lb)

2 tbsp ghee or lard (30 g/ 1.1 oz)

1 small white or brown onion, chopped (70 g/ 2.5 oz)

450 g Mexican chorizo (1 lb)

1 cup chopped canned tomatoes (240 g/ 8.5 oz)

1 cup shredded cheddar cheese (113 g/ 4 oz)

pinch salt (I like pink Himalayan salt)

freshly ground black pepper

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Instructions

1. Preheat the oven to 200 °C/ 400 °F. Halve the spaghetti squash lengthwise. Use the tip of a chef's knife to break through the skin in the middle part and push the blade down until it cuts through. Using a spoon, scoop out the seeds and discard or reserve for snacking (you can roast them). Brush the inside of each half with melted ghee (keep some ghee for cooking the chorizo) and season with salt. Place the spaghetti squash in the oven and bake for 25-40 minutes (timing depends on the size of the squash). Check the doneness using a fork.
2. Meanwhile, grease a large pan with the remaining ghee and cook the onion over a medium heat until lightly browned. Then add the chorizo and cook for 3-5 minutes or until browned. Add the canned tomatoes, season with salt and pepper and combine. Cook for another 1-2 minutes.
3. Then add the grated cheddar cheese (reserve some for topping) and mix well. Take off the heat and fill up each of the spaghetti squash halves with the meat mixture.
4. Top with the reserved cheese and place under a broiler for 3-5 minutes or until the cheese is melted and crisped up. Enjoy immediately or let it cool down and refrigerate for up to 4 days.