

Turkey-Zucchini Meat Sauce over Spaghetti Squash

Time 1h5min

Spaghetti Squash Calories: 31 in 1 cup,

Meat Sauce Calories: about 130 in ½ cup

- Spaghetti Squash
- 1 lb ground Turkey
- 1 Onion
- 2-3 Zucchini
- 2 Celery Stalks
- 1 cup Carrots
- 3 Garlic Cloves
- 2 Tbsp Red Wine Vinegar
- 2 28oz cans of Crushed Tomatoes
- 1 28oz can Diced Tomato
- 3 Tbsp (divided) Olive Oil
- 1 tsp (divided) Garlic Powder
- 1 tsp (divided) Onion Powder
- 2 fresh basil or 1 tsp of dried basil

Cooking Spaghetti Squash

1. Heat oven to 375F.
2. Place Spaghetti Squash on Cookie Sheet or Baking Pan. Pierce all over with a fork.
3. Place Squash in oven for 1 hour.
4. While Squash is cooking follow Meat Sauce directions.
5. After an hour of baking, take out of oven and let cool for a couple of minutes until you are able to handle. With a Sharp knife slice Squash in half long ways. Discard the seeds.
6. Once cleaned out, take a fork and shred the inside of your squash.

Turkey-Zucchini Meat Sauce

1. Chop up and add to food processor your Onion, Zucchini, Celery Stalks, Carrots, and Garlic. (If you do not have a food processor or prefer sauce to have your vegetables chunky, chop as preferred)
2. Heat up to medium-high with olive oil, a frying pan and a large sauce pan/stock pot.
 - o In pot, heat olive oil and add chopped veggies. Sauté veggies stirring occasionally. Add red wine vinegar. Once veggies looked soften turn down to heat to low-medium heat while waiting for turkey. Add more olive oil if needed
 - o In pan, heat olive oil and brown your ground turkey with a ½ tsp of garlic powder and ½ tsp of onion powder. Once turkey is fully cooked add to pot.
3. Mixed the ground turkey and veggies in the pot, add your can of diced tomatoes and crushed tomatoes. Add basil, garlic powder, onion powder, olive oil, and salt and pepper to taste. Mix everything evenly together.
4. Cover with lid and stir occasionally. Let it cook until your squash is ready. The longer it cooks the more flavorful it gets!