



Turkey Stuffed Tex-Mex Squash

Active Time: 20 minutes | Total Time: 1 hour | Serves: 4

Nutrition Information Per Serving

393.1 calories, 17.29 g carbohydrate, 3.22 g fiber, 14.07 g NET carbs, 26.46 g protein, 25.43 g fat

Ingredients

- 1 clove organic garlic, minced
- 1 medium organic red bell pepper, seeded and diced
- 2 Tbsp(s) organic tomato paste
- 1 tsp organic mild chili powder
- 2 tbsp(s) organic scallions, thinly sliced, white and green
- 2 ounce(s) grated organic Parmesan cheese
- 2 Tbsp(s) avocado oil
- 16 ounce(s) pastured turkey, ground
- 2 medium(s) organic acorn squash

Preparation

1. Preheat oven to 400 degrees F.
2. Halve each squash lengthwise; slice a sliver from the rounded part of each half so it sits flat. Leaving a 1/4-inch border, scoop out seeds with a small spoon.
3. Place squash halves, cut side down, in a shallow baking dish. Bake for 20 minutes.
4. Meanwhile, prepare filling. In a large skillet, heat oil over medium-high. Add bell pepper, scallion whites, and garlic; season with salt and pepper. Cook, stirring occasionally, until bell pepper begins to soften, 3 to 4 minutes.
5. Add tomato paste and chili powder; cook, stirring, until fragrant, 1 minute. Add turkey, cook until no longer pink, breaking up meat with a spoon. Remove from heat.
6. Divide mixture evenly among squash halves.
7. Bake 10 minutes, remove from oven and top with cheese. Bake another 5 minutes, or until cheese is melted and brown.
8. Garnish with scallion greens.

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