



Turkey Bolognese with Spaghetti Squash

Active Time: 30 minutes | **Total Time:** 1 hour | **Serves:** 4

Nutrition Information Per Serving

316.2 calories, 26.26 g carbohydrate, 5.99 g fiber, 20.27 g NET carbs, 22.56 g protein, 15.43 g fat

Ingredients

- 2 clove(s) organic garlic, minced
- 1 cup chopped organic yellow onion
- 1 cup chopped organic green bell pepper
- 2 16-oz can(s) organic diced tomatoes
- 1/2 tsp(s) freshly ground black pepper
- 1 tsp dried oregano, crushed
- 1/2 whole (3 lb.)(s) organic spaghetti squash
- 16 ounce(s) pasture-raised ground turkey

Preparation

1. First, cook the spaghetti squash.
2. Preheat the oven to 400 F. Poke holes in the outside of the squash and place on a baking sheet. Bake 45 minutes to 1 hour.
3. Spray a large skillet with nonstick spray coating and heat over medium high heat.
4. Add turkey. Cook, stirring occasionally, for 5 minutes.
5. Drain fat and discard.
6. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper.
7. Bring to a boil; reduce heat.
8. Simmer covered for 15 minutes, stirring occasionally.
9. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.)
10. Once squash is cool, slice lengthwise and scoop out seeds with a spoon.
11. Serve sauce over scooped spaghetti squash or in the squash "boats."

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