

Roasted Spaghetti Squash with Ground Turkey and Vegetables

Savannah · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

2

Description

A lowcarb alternative to pasta this dish features roasted spaghetti squash stuffed with ground turkey sautéed asparagus tomatoes basil onion and garlic

Ingredients

- - aluminum foil - 1 spaghetti squash
- halved and seeded - 2 tablespoons olive oil - 1 teaspoon salt
- divided
- or more to taste - 1 teaspoon freshly ground black pepper
- divided
- or more to taste - 1 pound ground turkey - 1 (16 ounce) can diced tomatoes - 8 fresh asparagus
- trimmed and cut into 1/2 inch pieces - 1/2 yellow onion
- diced - 1/4 cup chopped fresh basil
- or to taste - 4 garlic cloves
- minced - 1 teaspoon dried oregano - 4 ounces chicken broth

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil. Coat inside of each spaghetti squash half with olive oil and season with salt and pepper. Place spaghetti squash
2. skin-side up
3. on the prepared baking sheet. Roast spaghetti squash in the preheated oven until skin can easily be pierced with a fork
4. 30 to 45 minutes. Meanwhile
5. cook ground turkey in a skillet over medium heat until browned. Combine tomatoes
6. asparagus
7. onion
8. basil
9. garlic
10. oregano
11. salt
12. and pepper in a bowl and mix well. Add to browned ground turkey in the skillet. Cook
13. stirring occasionally
14. about 5 minutes. Pour in chicken broth and cook until asparagus is slightly tender
15. about 5 more minutes. Remove cooked spaghetti squash from oven and let cool until easily handled. Scrape squash into spaghetti strands using a fork and place into a bowl. Try to maintain the integrity of the squash skin and you can use as a serving vessel. Place 1/2 the spaghetti squash into a serving dish or the squash skin and top with turkey-vegetable mixture. Recipe Tip You can use fresh tomatoes instead of canned.