

Spaghetti & Meat Sauce

2 Servings | 1 Lean | 3 Green | ~1.5 Condiments

Ingredients

2 cups cooked spaghetti squash
1 cup petite diced Italian tomatoes, puree if desired
1 lb 90%-94% lean ground turkey (2 lean)
¼ tsp dried whole leaf oregano
¼ tsp dried rosemary
¼ tsp dried thyme
¼ tsp dried sage
½ tsp sea salt
black pepper to taste

Instructions

Cook the spaghetti squash with one of the below methods. Brown the turkey with spices.

Preparation: Microwave

Cut squash in half lengthwise, scoop out seeds. Place in a microwave-safe baking dish, cut side up, with 1/4 cup water. Cover and cook on high for 10 to 12 minutes, or until tender. Let cool; use a fork to scrape out the spaghetti-like strands.

Preparation: Baking

Pierce whole squash several times all over with a fork to ventilate steam. Place on a baking sheet; bake in a preheated 375 degree oven for 60 to 90 minutes or until squash is tender when pierced with the tip of a sharp knife. Let cool; use a fork to scrape out the strands.

Preparation: Boiling

This is the easiest method: In a pot large enough to hold the squash and water to cover it, bring the water to a boil. Carefully drop in the squash; cover and cook at a low boil for 20 to 30 minutes or until squash is tender when pierced with the tip of a sharp knife. Let cool; use a fork to scrape out the strands.