

ROASTED SPAGHETTI SQUASH WITH GROUND TURKEY AND VEGETABLES

INGREDIENTS

- 2 tbsp. olive oil
- 1 tsp. salt, divided, or more to taste
- 1 tsp. freshly ground black pepper, divided, or more to taste
- 1 lbs. ground turkey
- 1 (16 oz.) can diced tomatoes
- 8 fresh asparagus - trimmed and cut into 1/2 inch pieces
- 1/2 leeks - chopped
- 1/4 cup chopped fresh basil, or to taste
- 4 garlic cloves - minced
- 1 tsp. dried oregano
- 4 oz. chicken broth

PREPARATION

1. Preheat the oven to 350°F and line a baking sheet with aluminum foil.
2. Coat the inside of each spaghetti squash half with olive oil and season them with salt and pepper.
3. Place spaghetti squash on the prepared baking sheet, skin-side up.
4. Roast spaghetti squash in the preheated oven until the skin can easily be pierced with a fork, for about 30 to 45 minutes.
5. Meanwhile, cook ground turkey in a skillet over medium heat until browned.
6. Then combine tomatoes, asparagus, onion, basil, garlic, oregano, salt, and pepper in a bowl and mix well. Add mixture to browned ground turkey in the skillet and cook. Stir occasionally, for about 5 minutes.
7. Pour in chicken broth and cook until asparagus is slightly tender. About 5 more minutes.
8. Remove cooked spaghetti squash from oven and allow cooling off until easily handled.
9. Scrape the squash into spaghetti strands using a fork and place into a bowl.
10. Place 1/2 of the spaghetti squash into a serving dish or the left out squash skin and top with turkey-vegetable mixture.
11. Serve and enjoy!

