



GROUND TURKEY STUFFED SUMMER SQUASH

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Yellow Squash, halved	1	Low-sodium Chicken Broth	¼ Cup
Lean Ground Turkey	8 Oz.	Dry White Wine	2 Tbsp.
Onion, diced	¼ Cup	Lemon Juice	1 Tsp.
Clove Garlic, minced	1	Olive Oil	1 Tsp.
Mushrooms, chopped	½ Cup	Italian Herbs	
Toasted Sliced Almonds	2 Tbsp.	(Thyme, oregano, basil)	
		Salt and Pepper to Taste	

SERVING SIZE

2

PREPARATION

- Preheat oven to 375°F.
- Cut the squash in half lengthwise, and hollow out both sides.
- Sauté onion, garlic, and mushrooms in olive oil.
- Add ground turkey and cook until browned.
- Once the turkey is cooked, pour in broth, white wine, lemon juice, and herbs; simmer lightly for about 3-5 minutes.
- Spoon the turkey mixture into the squash halves.
- Bake covered for 20-25 minutes until tender.