

ROASTED SPAGHETTI SQUASH

DIRECTIONS:

1. Preheat oven to 400°. Slice squash in half lengthwise and scoop out seeds. Place cut side down on a baking sheet and bake for 45 minutes or until the flesh separates easily into strands with a fork. When squash is finished baking, remove from oven. Hold one half at a time with an oven mitt and scrape flesh out with a fork into a bowl.
2. In a large skillet over medium-high heat, heat oil and saute garlic and meat. Cook until browned and all pink gone. Remove meat from pan and set aside.
TIP: (Make this a meatless meal and saute veggies you have on hand instead.)
3. Saute greens till softened and wilted. Add the meat and squash back to the pan and mix until everything is heated through. Season with your favorite seasoning.

Recipe adapted from scalingbackblog.com

YOU WILL NEED:

- 1 spaghetti squash
- 1 tablespoon olive oil
- ½ teaspoon minced garlic (1 clove)
- 1 pound of ground turkey or meat of choice
- 3 cups greens of your choice (kale, spinach, mixed greens)

Cooking Tips:

- Spaghetti squash can be substituted for the pasta in any of your favorite pasta dishes. For a quick meal, toss with your favorite sauce.
- Spaghetti squash can be hard to cut open at first, carefully poke holes in it with a sharp fork or knife and microwave for a minute to soften shell.
- Substitute roasted acorn squash. Slice squash in half and roast on a cookie sheet for 1 hour at 350°.

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