

# Turkey and Kale Stuffed Spaghetti Squash Boats with Savory Tomato Sauce

## Ingredients

- 1 medium spaghetti squash
- 1 teaspoon canola oil
- 1 medium finely diced yellow onion
- $\frac{3}{4}$  pound ground turkey (extra-lean)
- 1  $\frac{1}{2}$  cups frozen chopped kale, thawed (can substitute spinach)
- 1 teaspoon minced garlic
- 1 can no-salt added, crushed tomatoes
- 2 teaspoons Italian seasoning blend (salt-free)
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- $\frac{1}{4}$  cup parmesan cheese



## Instructions

Preheat oven to 400°F.

Cut the spaghetti squash in half lengthwise (If you are having trouble halving the spaghetti squash, warm the whole squash in the microwave for a few minutes to soften. Doing so will make it easier to cut.) Use a spoon to scoop out the seeds and throw them away. Place the halves cut-side-down into a large baking dish. Add 1 inch of water into the dish. Cover with foil and bake in the oven until squash strands are easily removed with a fork, about 50 to 60 minutes.

Meanwhile, in a heavy-duty medium pot, warm oil. Add onions and sauté; until soft and translucent, about 6 to 8 minutes. Add ground turkey, using a spatula to break up the meat until it is cooked, about 5 to 6 minutes. Stir in chopped kale and garlic, cooking about 1 minute. Add tomatoes, Italian seasoning blend, salt, and pepper. Bring mixture to a boil; reduce heat to a simmer, cover, and let cook about 20 to 30 minutes.

When squash is done, remove from the oven (but keep oven on). Using a fork, carefully shred the inside of the squash into shreds. In a large bowl, add all the spaghetti squash strands. Add the tomato sauce, using tongs to coat the spaghetti squash in sauce.

Add the spaghetti squash shells onto a rimmed baking sheet. Transfer the spaghetti squash strands into the 2 shells, piling as high as you can.

Return to the preheated oven and cook until spaghetti squash boat is fully warm, about 10 to 15 minutes. Use a serrated knife to cut each spaghetti squash in half for servings of half a boat each. Sprinkle with parmesan cheese and serve.

**This recipe yields 4 servings.**