



Spaghetti Squash with Turkey Ragu

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1 cup squash with $\frac{3}{4}$ cup sauce

Ingredients

- 1 medium spaghetti squash (about 4-5 pounds)
- 1 tablespoon olive oil
- 1 cup chopped fresh mushrooms (about 4 ounces)
- 1 medium onion, diced (about 1 cup)
- 1 large carrot, shredded (about 1 cup)
- 1 celery stalk, chopped (about $\frac{1}{4}$ cup)
- 4-6 cloves garlic, minced (about 1 tablespoon)
- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 (23.5-ounce) jar reduced-sodium pasta sauce
- 6 tablespoons grated or shredded parmesan cheese, divided (optional)

Directions

1. Wash the spaghetti squash and prick multiple times with a paring knife. Microwave on high power for 2-3 minutes.
2. Place the squash on a large cutting board and slice the squash in half crosswise. Scoop out and discard the seeds.
3. Place one squash half, cut side down, on a microwave-safe dish. Microwave until easily pierced and the spaghetti strands peel away, about 6-8 minutes. Repeat with the second squash half. Cool each squash half about 5 minutes.
4. Use a fork to scrape out the strands. Place the squash in a strainer for about 5 minutes to let any excess water drain.
5. While the squash cooks, heat large sauté pan over medium-high heat. Add the oil and heat until shimmering.
6. Add the mushrooms and cook, stirring occasionally, for 4-5 minutes.
7. Add the onion, carrot, celery, and garlic. Cook until softened, about 5-7 minutes.
8. Add the ground turkey. Cook, breaking up any large pieces, until no longer pink, about 6-8 minutes.
9. Stir in the pasta sauce and heat until warmed through, then add to the squash and garnish with parmesan cheese.

**Nutrition Facts Per Serving: Calories: 375 | Total Fat: 14 g | Saturated Fat: 4 g
Sodium: 500 mg | Total Carbohydrate: 44 g | Dietary Fiber: 4 g | Protein: 22 g**

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