

Spaghetti Squash and Marinara Sauce

Chelsey Swanson | www.meusandbaby.com



Ingredients:

1 Spaghetti Squash
1 lb Ground Turkey
1/2 Medium onion, diced
2-3 Garlic Cloves, minced
2 tsp. Italian Seasoning
2 tsp. dried basil
1/2 tsp. dried Parsley
1/2 tsp. dried Oregano
1/2 tsp. Salt
1/2 tsp. Ground Pepper
1 Bay Leaf
1 can (14.5 oz) petite diced tomatoes
1 can (14.5 oz) diced tomatoes (for a less chunky sauce add in a can of crushed tomatoes instead)
Parmesan Cheese (optional)

Set oven to 400°. Put spaghetti squash in the microwave for 3-5 minutes to allow it to soften a bit to make it easier to cut. Cut the squash in half, scoop out all of the seeds and place face down in a pan. Add a thin layer of water to the bottom of the pan and stick pan in the oven for 20 minutes or until you can stab a fork into it fairly easy. Remove from oven and let it cool down a little so it isn't too hot to touch.

In the meantime, go ahead and starting making your marinara sauce. When your sauce is done and you're ready to start plating the food use a fork to scrape out the sides of the squash so they become like noodles. Top with marinara sauce and parmesan cheese.

Marinara Sauce:

Brown the ground turkey until cooked through. Add in your onions and garlic and cook about 3 minutes until onions are transparent. Then add in the rest of the seasonings and diced tomatoes. Stir together then add the bay leaf. Let simmer for about 5-7 minutes to allow tomatoes to cook down and everything start to combine together.

Once you plate everything up you can top it with some parmesan cheese and Enjoy!