



Spaghetti Squash and Turkey Bolognese

Makes: 6 Servings

“Jackson heard that a classmate cooks once a week for her family and wanted to try cooking for us,” says Jackson’s mom, Nour. “He loves his dad’s traditional spaghetti with sausage but wanted to try to make his own with more of a meat sauce. Since we try not to eat pasta often, we decided to make this with spaghetti squash instead. He added his favorite veggies, which include mushrooms, carrots, and our local staple, Vidalia onions, to a basic Bolognese sauce and substituted ground turkey for beef.” Jackson serves this with whole--wheat toast drizzled with olive oil, and mango for dessert.

Ingredients

- 2** medium spaghetti squash, halved and seeded
- 1 dash** sea salt
- 1 teaspoon** Herbes de Provence (optional)
- 3 tablespoons** olive oil

Nutrition Information

Nutrients	Amount
Calories	306
Total Fat	17 g
Saturated Fat	4 g
Cholesterol	54 mg
Sodium	529 mg
Total Carbohydrate	26 g
Dietary Fiber	6 g
Total Sugars	13 g
Added Sugars included	0 g
Protein	18 g
Vitamin D	0 mcg
Calcium	141 mg
Iron	5 mg
Potassium	1108 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	2 1/2 cups
 Protein Foods	1 1/2 ounces

- 1 Vidalia onion, peeled and chopped
- 2 carrots, peeled and finely chopped
- 8 ounces** sliced mushrooms
- 1 garlic clove, peeled and minced
- 1 pound** ground turkey
- 1 can** 28-ounce can crushed tomatoes
- 1 can** 8-ounce can tomato paste
- 8 ounces** water
- 1 tablespoon** dried basil
- 1 tablespoon** dried oregano
- 1 teaspoon** salt
- 1 teaspoon** freshly ground black pepper
- 1 teaspoon** garlic powder

Freshly grated Parmesan cheese

Directions

1. **Preheat the oven to 425°F.** Sprinkle spaghetti squash with sea salt and Herbes de Provence, if using, and drizzle with 1 tablespoon olive oil. Place on a baking sheet or pan, cut side up, and cover tightly with foil. Bake for 25 minutes, uncover and continue baking for 45 minutes or until the flesh can be scooped out with a fork.
2. **Meanwhile, in a large nonstick pan,** warm the remaining 2 tablespoons olive oil over medium heat and add the onions and carrots. Sauté over medium heat until softened, about 6 minutes. Add the mushrooms and garlic and sauté for 3 minutes or until lightly brown. Add the turkey and cook about 8 minutes, or until no longer pink. Add the tomatoes,

tomato paste, water, basil, oregano, salt, and pepper, and garlic powder. Bring to a boil, reduce heat to low, then simmer for about 30 minutes.

3. **To Assemble:** Scoop out the flesh of the spaghetti squash, divide amongst the plates, and top with the sauce and Parmesan (if desired). Serve with a slice of garlic whole--wheat toast.

Notes

State: Georgia

Child's Name: Jackson Kelly, 8

Source: The 2016 Healthy Lunchtime Challenge Cookbook