

Taco Spaghetti Squash Boats

Makes 4 servings

2 medium spaghetti squash, cut in half

Salt and black pepper

1 teaspoon olive oil

2 pounds ground turkey

½ cup chopped bell pepper

¼ cup chopped onion

1 cup diced tomatoes

1 tablespoon taco seasoning

Optional toppings: shredded cabbage, red or green onion, avocado, tomatoes, sliced jalapeños, salsa, cilantro and/or lime juice

1. Preheat oven to 375°F. Spray large baking sheet with nonstick cooking spray.
2. Sprinkle flesh of spaghetti squash with salt and pepper. Place flesh side down on prepared baking sheet. Bake 30 to 35 minutes or until skin gives a little when touched.
3. Meanwhile, heat oil in large skillet over medium heat. Add peppers and chopped onion; cook 3 to 6 minutes. Add turkey; cook 6 minutes, stirring to break up meat. Stir in tomatoes and taco seasoning; cook 2 to 3 minutes or until no pink remains in meat. Remove from heat.
4. Remove squash from oven. When cool enough to handle, thread flesh with a fork to make spaghetti. Be careful not to break squash skin. Spoon turkey mixture evenly among the halves, making sure to get pan juices. Top as desired.

Courtesy: Joella Morris