

NEW! Pumpkin Bolognese with Spaghetti Squash

Prep Time 10 mins
Total Time 1 hr

Meal Type Lunch,Dinner
Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c

g,ml

- 1 Spaghetti Squash, large
- 2 Tbs Olive Oil, *divided*
- 8 oz Turkey, ground
- 1/2 Onion, medium, *Chopped*
- 1 Carrot, medium, *Peeled and chopped*
- 8 oz Mushrooms, *Chopped*
- 2 Cloves Garlic, *minced*
- 1/2 tsp Oregano, dried
- 1/2 cup Tomato Paste
- 1 15 Ounce Can Pumpkin Puree
- Water
- Salt and Pepper
- 1/4 cup Parsley, fresh, *Chopped*

Directions

Prep

1. Preheat oven to 400 degrees Fahrenheit.
2. Carefully cut spaghetti squash in half length wise. Scoop out the seeds.
3. Wash and chop all vegetables.

Make

1. Rub half of the olive oil into the inside of the spaghetti squash halves. Place the squash cut side down on a rimmed baking sheet and roasted for 45 minutes or until a knife can easily pierce the skin. Allow to cool at room temperature until cool enough to handle, then use a fork to scrape out the insides.
2. While the squash is cooking, heat the remaining olive oil in a medium pan over medium heat. Add the ground turkey and cook until browned, about 5 minutes.
3. Add the onion and carrot and cook until carrot becomes tender, about 5 minutes. Add the mushrooms and cook until most of the liquid has evaporated, about 3 minutes. Add the garlic and oregano and cook for an additional minute.
4. Stir in the tomato paste and pumpkin puree. Allow to simmer for a few minutes before adjusting consistency by adding 1/4 cup of water at a time. More water will yield a thinner sauce.
5. Season with salt and pepper and serve over roasted spaghetti squash. Garnish with parsley

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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