

## Spaghetti Squash Marinara

Serves 6

*Spaghetti squash is one of those what I call “template” foods, an ingredient that serves as a base capable of going in many directions. Even though it’s shell is hard, spaghetti squash has thinner skin and is more watery, like zucchini, when compared to the hard skinned, sweeter winter squash we see in Autumn. When cooked, the flesh of this unique gourd naturally separates into nicely textured strands, making it a terrific vegetable stand in for pasta.*

1 large spaghetti squash

2 tablespoons olive oil, divided

2 cloves garlic, minced

1 pound ground turkey

1 teaspoon Italian seasoning, optional

½ teaspoon salt

¼ teaspoon black pepper

1 small onion, diced small

1 small carrot, diced small

1 stalk celery, diced small

1 teaspoon Italian seasoning

2 cloves garlic, minced

2 large cans whole tomatoes, roughly chopped

Preheat oven to 375 degrees. Using a fork, poke holes in the squash. Place squash on a foil lined pan and roast until skin and flesh is easily pierced with a fork, about 1 hour. When cool, slice open lengthwise and remove seeds. Scrape a fork along the flesh lengthwise to release strands.

While squash is roasting cook the turkey and make the sauce. Heat 1 tablespoon of oil in a skillet set over medium heat. When oil shimmers add garlic, cooking until fragrant, about 30 seconds. Add turkey, Italian seasoning if using, salt and pepper. When turkey is no longer pink, remove from skillet and set aside.

Return pan to burner and add remaining tablespoon of oil. Add onion, carrot, celery and seasoning. Cook until onion is translucent and vegetables are beginning to get tender, about 6 minutes. Add garlic, cooking about 30 seconds, then stir in tomatoes, breaking them up with a spoon. Simmer on low for about 20 minutes until sauce is slightly thickened. Stir turkey and any accumulated juices back into sauce and spoon over squash.

**Chef C’s cooking notes:** Short on time? Cut squash in half and place cut side down in a microwave safe dish. Add about 1 inch of water and microwave for 5-10 minutes until soft.



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Nourishment for the Clinical Caregiver

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