

HEALTHY COOKING

at Niemann Harvest Market!

RUSTIC TURKEY BOLOGNESE with roasted spaghetti squash

1 medium spaghetti squash
1 lb ground turkey

2 T EVOO
1 C Diced Onions
1 C Diced Carrots
1 C Diced Celery
1 T Minced Fresh Garlic
28 oz Crushed Tomato
1 C Red Wine
3 T Tomato Paste

2 tsp Dried Fennel Seeds
1/2 tsp Red Chili Flakes
2 tsp Dried Oregano
2 tsp Dried Basil
1 tsp Dried Thyme
1/2 tsp Nutmeg

2 T Freshly Chopped Basil
1/4 C Grated Parm

Serves 4

PREP

Step 1—the squash

Trim ends, then cut lengthwise. Use a spoon to scoop out seeds (seeds can be seasoned and roasted for a tasty and nutritious snack!).

Step 2—the aromatics

Cut onion, carrot, and celery into a small dice. Mince garlic.

COOK

Step 1—the squash

Lightly brush cleaned squash halves with EVOO. Lightly season with S&P. Place FACE DOWN in a toaster oven pan. Cook on 375F for 45 minutes.

Step 2—the bolognese

In a medium sauce pan or dutch oven on medium heat, toast (dry—without oil) the fennel seeds for a

few minutes until aromatic. Add onion and carrot. Sauté until lightly caramelized. Add celery, garlic, and remaining seasonings. Stir and sauté a few minutes. REMOVE FROM PAN and transfer to a plate (scrape pan well—bits of garlic left behind will burn!).

Increase heat to high. Add ground turkey. Cook until nicely browned. Deglaze with red wine. Return veg to pan. Add crushed tomato and tomato paste. Stir well to combine. Reduce heat to low and simmer 10 min. Season to taste with S&P.

PLATE

Scrape out entire contents of squash into a large bowl. Season to taste with EVOO, S&P, and toss to 'fluff' and separate strands. Evenly distribute between 4 plates, then sprinkle parm directly onto squash. Spoon bolognese over squash. Garnish with remaining parm, and fresh basil. Enjoy!



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