



## Spaghetti Squash, Turkey & Broccoli

2 servings

1 hour

### Ingredients

- 1/2 Spaghetti Squash (medium)
- 8 ozs Extra Lean Ground Turkey
- 1 cup Water
- 2 cups Broccoli (chopped into florets)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	278
Fat	10g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	30g
Cholesterol	84mg
Sodium	729mg
Vitamin A	1045IU
Vitamin C	93mg
Calcium	119mg
Iron	4mg

### Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 cup of each ingredient.

**More Flavor:** Season the turkey with minced onion or garlic while it cooks.

**Additional Toppings:** Top with fresh parsley, cilantro or your favorite hot sauce.

**Make it Vegan:** Use chickpeas or lentils instead of ground turkey.