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## Roasted Spaghetti Squash with Turkey Bolognese

Time: 30 minutes active; 1 hour 30 minutes total

Yield: Six dinner-sized servings

2 spaghetti squash  
2 tbsp. extra virgin olive oil (EVOO)  
1 to 1½ lbs. ground turkey  
½ tsp. crushed red pepper flakes  
¾ tsp. oregano  
½ tsp. salt, plus a bit more to sprinkle on squash  
¼ tsp. pepper, plus a bit more to sprinkle on squash  
4 carrots, peeled and chopped into rounds roughly 1/8 inch thick  
2 onions, chopped  
1 red bell pepper, chopped  
4 garlic cloves, minced  
4 celery stalks, chopped  
28 oz. crushed tomatoes  
6 oz. tomato paste  
20 oz. tomato sauce or marinara sauce  
¼ cup fresh basil, chiffonade  
1 cup shredded fresh Parmesan or Asiago cheese



1. Cut each squash in half lengthwise. Scoop out and discard seeds. Drizzle with EVOO. Sprinkle with salt and pepper. Place cut side down on a greased baking sheet. Roast at 425°F for 1 hour and 15 minutes.
2. Meanwhile, place the chopped carrots in a large microwave-safe bowl. Cover with water. Microwave for 5-8 minutes, until they're a bit softened.
3. Place the ground turkey in a medium sauté pan with the crushed red pepper flakes, oregano, salt, and pepper. Cook over medium heat until the turkey is cooked through (about 8 minutes), stirring occasionally.
4. In a large sauté pan over medium heat, cook the onions, bell pepper, and minced garlic until tender, about 5 minutes. Add the celery, softened carrots, and cooked turkey. Stir in the crushed tomatoes, tomato paste and marinara sauce.
5. Once the squash is fully roasted, allow it to cool enough so that you can handle it. Transfer each half to a cutting board and scrape the squash with a fork, loosening the long spaghetti-like strands. Top with bolognese sauce, fresh Parmesan cheese, and fresh basil. Enjoy!

Note: For a fancy presentation, serve this dish right from the hollowed out squash!