

# Spaghetti Squash with Turkey Ragu

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1 cup squash with sauce and parmesan cheese

## Ingredients

1 medium spaghetti squash (about 4-5 pounds)  
1 tablespoon extra-virgin olive oil  
1 cup chopped fresh mushrooms (about 3½ ounces)  
1 cup diced onion  
1 cup shredded carrot  
1 celery stalk, chopped  
4-6 cloves garlic, minced (about 2-3 teaspoons)  
1 pound 93% lean ground turkey  
1 (23.5-ounce) jar reduced-sodium pasta sauce  
6 tablespoons grated or shredded parmesan cheese, divided (optional)

## Directions

1. Prick the spaghetti squash multiple times with a paring knife and microwave for 2-3 minutes.
2. Remove the squash from the microwave. Use a sharp chef knife to slice the squash in half crosswise (short direction). Scoop out and discard the seeds.
3. Place one squash half, with the wider cut side down, in a microwave-safe dish. Microwave until easily pierced and the spaghetti strands easily peel away, about 6-8 minutes. Repeat with the second squash half.
4. Let each squash half cool, then use a fork to scrape out the strands. If you have time, let the squash sit in a strainer for about 5 minutes to let any excess water drain.
5. While the squash cooks, heat large sauté pan and heat over medium-high heat. Add the oil and heat until shimmering.
6. Add the mushrooms and cook, stirring occasionally, for 4-5 minutes.
7. Add the onion, carrot, celery, and garlic. Cook until softened, about 5 minutes.
8. Add the ground turkey. Cook, breaking up any large pieces, until no longer pink, about 3-5 minutes.
9. Add the pasta sauce. Stir and heat until warmed through.
10. Serve the squash warm, topping each 1 cup serving with ¾ cup of the sauce and 1 tablespoon of the parmesan cheese (if using).

**Nutrition Facts Per Serving: Calories: 375 | Total Fat: 14 g | Saturated Fat: 4 g  
Sodium: 500 mg | Total Carbohydrate: 44 g | Dietary Fiber: 4 g | Protein: 22 g**

Adapted from [TheWholesomeDish.com](http://TheWholesomeDish.com) | Submitted by Alyssa Carlstrom MS, RD  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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