

Turkey and Spinach Roasted Acorn Squash Bowls

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 4 cups Baby Spinach (chopped and packed)
- 2 Acorn Squash
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tbsp Coconut Oil
- 1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	326	Iron	4mg
Fat	17g	Vitamin D	16IU
Carbs	24g	Folate	103µg
Fiber	4g	Magnesium	119mg
Protein	24g	Zinc	3mg
Vitamin C	32mg		

DIRECTIONS

- 01 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 02 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/spinach mix. Top with hot sauce or salsa if you like. Enjoy!

NOTES

RECIPE ID 219

SAVE TIME

Roast acorn squash ahead of time and warm it at the time of meal.

EXTRA PROTEIN

Top with a fried or poached egg.