



# Healthy Now

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## Turkey Taco Spaghetti Squash Boats

These Turkey Taco Spaghetti Squash Boats are a great way to eat nutrition packed spaghetti squash! Filled with flavorful turkey taco meat, cheese and topped with pico de gallo, they are low-carb, keto-friendly and gluten-free. With thanks to our client Ashley for sharing this great recipe that we enjoyed for ourselves this weekend!



HealthyNow provides Prepared Meals, Fresh Pressed Juices and Catering to support your fitness, wellness and nutrition goals.

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## You'll need:

- 3 small spaghetti squash (24 oz each)
- olive oil spray
- 1 lb 93% ground turkey
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp kosher salt
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp oregano
- 1/2 small onion, minced
- 2 tbsp bell pepper, minced
- 1/2 cup water
- 4 oz canned tomato sauce (1/2 can)
- 3/4 cup shredded Mexican cheese blend

## And for the Pico De Gallo:

- 1 cup chopped tomato
- 1/4 cup chopped scallion
- 1/4 cup chopped fresh cilantro
- 1/2 jalapeno minced
- 2 tablespoons fresh lime juice
- 1/4 teaspoon kosher salt

## To make it:

1. Preheat oven to 400F degrees. Line a baking sheet with parchment paper. Cut the squash in half lengthwise and use a spoon to scrape out seeds and soft yellow strands. Spray inside of the squash with olive oil and sprinkle with salt and pepper. Place the squash facedown on the baking sheet and bake for 50 mins until the flesh easily pierces with a fork.
2. Meanwhile, brown turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.
3. Combine the ingredients for the quick pico de gallo in a medium bowl. Set aside in the fridge.
4. Once cooled enough to handle, use a fork to scrape the inside so the strands appear. Spoon scant 1/2 cup meat inside each squash bowl. Top each with 2 tbsp cheese and transfer them to the oven and bake another 5 minutes, until the cheese is melted. Remove, top with pico de gallo and serve!

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