Spaghetti Squash with Turkey Bolognese
From – The Skinnytaste Cookbook

2 oz pancetta, chopped
½ Tbsp undalted butter
½ cup chopped onion
1 celery stalk, minced
1 medium carrot, minced
1 1/3 pound 93% lean ground turkey
kosher salt
fresh cracked pepper
¼ cup white wine
½ Tbsp tomato paste
¾ cup 1 % milk
28 oz can crushed tomatoes
1 bay leaf
2 medium spaghetti squash
¼ cup chopped fresh basil

• In a large dutch oven, saute the pancetta over medium heat until the fat melts, about 3 minutes.
• Reduce heat to medium-low, add the butter, onion, celery, and carrot and cook until soft about 5-6 minutes.
• Increase the heat to medium-high, add the turkey, and season with ¾ tsp salt and pepper to taste.
• Cook until no longer pink, 7-8 minutes, breaking the meat up with a wooden spoon.
• Add the wine and cook until reduced, 2-3 minutes.
• Add the tomato paste, milk, tomatoes, and bay leaf. Bring to a boil, reduce heat to low, and simmer, covered 20-25 minutes, stirring occasionally.
• Meanwhile, using a sharp knife, pierce the squash 8 times. Microwave on high for 6 minutes. Turn the squash and cook until the shell is tender 5-8 minutes more.
• Let cool for 5 minutes. Halve the squash lengthwise. If hard top cut microwave it a few more minutes. Remove the seeds and use a fork to scrape out the spaghetti like strands of squash.
• Remove and discard bay leaf from the sauce, stir in the basil.
• To serve put 1 cup spaghetti squash in each of 6 serving bowls and top each with a generous ¾ cup of sauce.

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