

Spaghetti Squash Burrito Bowls

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Spaghetti Squash (medium)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Oregano
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 cup Red Onion (finely diced)
- 1 Tomato (diced)
- 1/2 Avocado (cubed)
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (sliced into wedges)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 03 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 04 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 05 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

NOTES

VEGAN & VEGETARIAN

Use black beans instead of ground meat.

LEFTOVERS

Refrigerate in an air-tight container up to 2 days. Reheat before serving.

Slow Cooker Bolognese with Spaghetti Squash

4 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 **Yellow Onion** (diced)
- 5 **Garlic** (cloves, minced)
- 3 **cups** Diced Tomatoes (drained)
- 3 **cups** Crushed Tomatoes
- 3 **Bay Leaf**
- 1 **tsp** Oregano
- 1 **Spaghetti Squash**
- 1/2 **cup** Basil Leaves (chopped)
- 1 **tsp** Red Pepper Flakes

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 02 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 03 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 04 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 05 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

NOTES

MORE VEGETABLES

Add diced green pepper and mushrooms.

VEGETARIAN

Use lentils instead of ground turkey.

MORE CARBS

Use brown rice pasta instead of spaghetti squash.

NO SLOW COOKER

Make it on the stovetop and let simmer for at least an hour.

Butter Chicken & Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

- 12 ozs Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Ginger (grated)
- 1/4 cup Tomato Paste
- 2 tsp Paprika
- 1 tbsp Curry Powder
- 2 tsp Garam Masala
- 1 tsp Sea Salt
- 1 tbsp Chili Powder
- 1/4 cup Water
- 1 cup Canned Coconut Milk (full fat)
- 1 head Cauliflower
- 1/2 Lime (juiced)

DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

NOTES

VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

NO COCONUT MILK

Use Greek yogurt instead.

NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.