

Angie's Healthy Spaghetti Over Roasted Spaghetti Squash

Ingredients

- 1 medium spaghetti squash (about 2 1/2 pounds)
- 2 tablespoons EVOO
- 2 cloves garlic, minced
- 1/2 medium yellow onion, minced
- 2 pounds ground 93% ground turkey
- 1 pound ground 93% grass-fed ground beef
- 2 32-ounce cans of organic crushed tomatoes with basil
- 6 ounces organic tomato paste
- 3 teaspoons sea salt
- 1/4 teaspoon black pepper
- 4 tablespoons Italian seasoning
- 3 tablespoons oregano
- 4 tablespoons basil
- 2 tablespoons brown sugar (Truvia Blend)

Directions

1. Preheat the oven to 400°F.
2. Cut the spaghetti squash in half lengthwise. Place the squash cut side down on a baking sheet and bake for 30 to 35 minutes or until the skin gives when you press your finger to it. Remove the squash from the oven and set aside.
3. Let the squash cool for 5 minutes, remove the seeds (if you didn't do this prior to roasting), and then use a fork to remove the threads and place in a dish.
4. In a large sauté pan over medium heat, use 2T of EVOO add the onion, and garlic and cook for about 10 minutes, until the onion is translucent. Add the ground meat, salt, and pepper and cook, using a wooden spatula to break up the turkey and beef into small pieces, until the turkey and beef is no longer pink, about 8 minutes. Drain if there is excess fat.
5. Place crushed organic tomatoes with basil into blender if you like a smooth sauce – if you like it a bit chunky skip this step. Blend and pour into cooked meat mixture. Add tomato paste and brown sugar.
6. Let simmer and stir.
7. If you eat dairy on my plan you may sprinkle light parmesan cheese on top.
8. Enjoy!