



INGREDIENTS

- 1 small spaghetti squash, halved and seeded
- 1 tbsp olive oil
- ½ cup minced onion (fresh or frozen)
- 3 tsp minced garlic (fresh or pre-diced)
- 2 green onions minced
- 1 lb of lean ground turkey
- 2 cups crushed red tomatoes (fresh or canned)
- 2 tbsp red wine
- 2 tsp capers
- 2 tsp minced fresh oregano
- 2 teaspoons crushed red pepper flakes
- 2 tbsp chopped fresh parsley

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place each squash half cut side down on a cookie sheet and bake uncovered for about 45 to 60 minutes or until a fork goes easily into the shell. Allow to cool and scoop out the strands of squash with a large spoon and set aside.
3. Heat the oil in a skillet over medium high heat. Add the onion, garlic and scallions and saute for 2 minutes. Add the turkey and cook for 4 minutes. Add the tomatoes and wine and bring to a boil, lower the heat and simmer for 20 minutes.
4. Add the capers, oregano, red pepper flakes and parsley; simmer for 5 minutes. If the squash has cooled too much, reheat it in the microwave, covered for 2 to 3 minutes. Top the squash with the sauce and serve.