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Nut Free • No Added Sugar*

# Spaghetti Squash Boats



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## INGREDIENTS

- 2 medium spaghetti squash
- 3 tablespoons olive oil, plus more for drizzling
- Salt and pepper to taste
- 1 yellow onion, diced
- ½ teaspoon garlic powder
- 1½ pounds ground turkey sausage
- 4 cups kale, torn into bite-sized pieces with stems removed

## TIPS

- Rinse and massage kale between your fingers for a few minutes to make it softer.
- Cook spaghetti squash in the microwave to save time. Place squash halves cut side down in a dish with an inch of water and cook until you can shred flesh into strands with a fork (about 5 to 10 more minutes).

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Microwave squash for a few minutes until it becomes softer and easier to cut.
3. Cut squash in half lengthwise and scoop out seeds.
4. Place squash halves cut side up on a baking sheet. Top with drizzle of olive oil, salt, and pepper. Roast in oven 45 to 50 minutes until fork tender. Let cool.
5. In a large skillet, heat 3 tablespoons olive oil over medium heat. Add onion and garlic powder and cook for 5 minutes. Add sausage and cook 10 to 12 minutes, stirring regularly, until sausage is brown and cooked through. Add kale, stir, and cook a few more minutes until wilted. Remove skillet from heat and set aside.
6. Use fork to scrape inside of cooled spaghetti squash and shred it into strands. Add spaghetti squash strands to skillet and stir to combine with sausage and kale.
7. Spoon mixture into squash shells for serving.

*Main Dish | Serves 6-8*