

Chile-Lime Turkey & Spaghetti Squash Meal-Prep Bowls



Ingredients

Makes 2 servings

- 1 (2 ½ to 3 pound) spaghetti squash, halved lengthwise and seeded
- 1 tablespoon canola oil, divided
- 1 pound 93%-lean ground turkey
- ¾ cup chopped green bell pepper
- ½ cup chopped onion
- 1 ¼ cups cubed yellow summer squash
- 1 (14.5 ounce) can no-salt-added diced tomatoes, drained
- 1 ¼ teaspoons salt-free chile-lime seasoning blend, such as Mrs. Dash Fiesta Lime Seasoning
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper (Optional)
- 8 tablespoons crumbled queso fresco
- 4 tablespoons chopped fresh cilantro

Directions

1. Place spaghetti squash, cut-side down, in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, 10 to 15 minutes; set aside to cool.
2. Meanwhile, heat 1 1/2 teaspoons oil in a 10-inch nonstick skillet over medium heat. Add ground turkey; cook, crumbling with a wooden spoon, until browned and cooked through. Transfer to a plate and set aside.
3. Add the remaining 1 1/2 teaspoons oil to the pan; heat over medium heat. Add green pepper and onion; cook, stirring occasionally, until the onion is tender, 5 to 7 minutes. Add summer squash; cook, stirring, just until the squash is tender, about 3 minutes. Stir in the turkey, tomatoes, chile-lime seasoning, salt and crushed red pepper (if using); heat through.
4. Scrape the squash flesh from the shells with a fork; divide among 4 single-serving containers (about 1 cup each). Top each with 1¼ cups of the turkey mixture. Seal the containers and refrigerate for up to 4 days.
5. To reheat 1 container, vent the lid and microwave on High until steaming, 2 1/2 to 3 minutes. Top with 2 tablespoons queso fresco and 1 tablespoon cilantro.
 - To make ahead
 - Prepare through Step 4 and refrigerate for up to 4 days. Reheat and top with queso fresco and cilantro to serve.

Nutrition Facts

Servings Per Recipe 4

Serving Size 1 meal-prep container

Calories 338

	% Daily Value *
Total Carbohydrate 25g	9%
Dietary Fiber 5g	19%
Total Sugars 12g	
Protein 28g	56%
Total Fat 16g	20%
Saturated Fat 5g	23%
Cholesterol 76mg	25%
Sodium 538mg	23%