

Turkey & Spinach Roasted Acorn Squash Bowls

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
2. Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 - 45 minutes or until golden brown.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from oven and stuff each half with the turkey/spinach mix. Top with hot sauce or salsa if you like. Enjoy!

Notes

Vegan & Vegetarian

Use lentils or black beans instead of ground meat.

Save Time

Roast acorn squash ahead of time and warm it at the time of meal.

Leftovers

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

Extra Protein and Healthy Fat

Top with a fried or poached egg.

Waste Not, Want Not

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.

Ingredients

- 2 Acorn Squash
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Turkey
- 2 **tbsps** Chili Powder
- 1 **tsp** Oregano
- 1 **tsp** Cumin
- 1/4 **tsp** Sea Salt
- 1/4 **cup** Water
- 4 **cups** Baby Spinach (chopped and packed)