



TURKEY CHILI STUFFED ACORN SQUASH

By Dr. Cindy Tanzar
(Standard/Maintenance)

Acorn squash is so easy to make. Just cut it in half, take out the seeds and let the oven do the rest. If your half squash is too big for a one cup serving, then cut it into quarters and serve the turkey mixture over the top.

Makes 4 servings covering your protein and vegetables.



INGREDIENTS

2 small to medium acorn squash, halved and seeded
1 tsp. coconut or avocado oil
1 lb. ground turkey (organic if you can get it)
Pink Himalayan salt & fresh ground pepper, to taste
1/3 cup onion, chopped
2 cloves garlic, minced
10 oz. can diced tomatoes with green chilies
1/2 cup tomato sauce, no sugar added
1/2 cup filtered or spring water
3/4 tsp cumin



1/4 tsp chili powder
1/4 tsp paprika
1 bay leaf

INSTRUCTIONS

Preheat oven to 400°F. Brush squash with oil, sprinkle with salt and pepper, and place halves on the baking sheet, cut side down. Bake 35-40 minutes or until tender when tested with a knife.

While the squash is baking, in a large skillet, brown turkey over medium-high heat, breaking into smaller pieces, and season with sea salt and pepper. Add onion and garlic and continue to cook an additional 3 minutes.

Add the diced tomatoes, tomato sauce, water, cumin, chili powder, paprika and bay leaf. Cover and simmer on low heat about 25 minutes. Remove the bay leaf.

Flip the squash over and fill each half with 4oz. of the meat mixture.