

# Spaghetti Squash with Turkey Bolognese

From – *The Skinnytaste Cookbook*

2 oz pancetta, chopped  
½ Tbsp undalted butter  
½ cup chopped onion  
1 celery stalk, minced  
1 medium carrot, minced  
1 1/3 pound 93% lean ground turkey  
kosher salt  
fresh cracked pepper  
¼ cup white wine  
½ Tbsp tomato paste  
¾ cup 1 % milk  
28 oz can crushed tomatoes  
1 bay leaf  
2 medium spaghetti squash  
¼ cup chopped fresh basil

- In a large dutch oven, saute the pancetta over medium heat until the fat melts, about 3 minutes.
- Reduce heat to medium-low, add the butter, onion, celery, and carrot and cook until soft about 5-6 minutes.
- Increase the heat to medium-high, add the turkey, and season with ¾ tsp salt and pepper to taste.
- Cook until no longer pink, 7-8 minutes, breaking the meat up with a wooden spoon.
- Add the wine and cook until reduced, 2-3 minutes.
- Add the tomato paste, milk, tomatoes, and bay leaf. Bring to a boil, reduce heat to low, and simmer, covered 20-25 minutes, stirring occasionally.
- Meanwhile, using a sharp knife, pierce the squash 8 times. Microwave on high for 6 minutes. Turn the squash and cook until the shell is tender 5-8 minutes more.
- Let cool for 5 minutes. Halve the squash lengthwise. If hard top cut microwave it a few more minutes. Remove the seeds and use a fork to scrape out the spaghetti like strands of squash.
- Remove and discard bay leaf from the sauce, stir in the basil.
- To serve put 1 cup spaghetti squash in each of 6 serving bowls and top each with a generous ¾ cup of sauce.



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