

# MIND Diet Spaghetti Bolognese

*Prep time: 15 mins | Cook time: 40 mins | Servings: 4*

1 spaghetti squash

4 Tbsp evoo

¼ tsp salt

¼ tsp pepper

1 lb ground turkey

2 c sliced cremini mushrooms

1 clove garlic, chopped

1 Tbsp balsamic vinegar

½ tsp fish sauce

½ tsp smoked paprika

2 c shredded kale

1 24 oz jar of tomato sauce

¼ c grated parmesan cheese or nutritional yeast

1. Preheat oven to 400F
2. Trim the ends off the squash and cut it in half lengthwise and scoop out the seeds with a spoon.
3. Using half of the oil, lightly oil each squash half and season with salt and pepper.
4. Place the squash halves cut side down on a baking sheet and bake for 45 minutes.
5. While the squash is cooking, heat 1 Tbsp oil in a large skillet over medium heat. Add the turkey and saute, stirring frequently until just browned (5-8 minutes).
6. Transfer the turkey to a bowl.
7. Add the remaining oil to the pan and heat over medium heat.
8. Add the mushrooms and saute, stirring occasionally, until they are golden brown (3-5 minutes)
9. Add the garlic and stir just until fragrant
10. Add the balsamic vinegar, fish sauce, and the paprika and cook for another two minutes
11. Stir in the tomato sauce and ground turkey and let simmer for 3-5 minutes
12. Flip the squash halves cut side up.
13. Using oven mitts, place on a cutting board and using two forks, gently scrape the squash to get spaghetti like strands.
14. Transfer to a serving bowl and top with the bolognese sauce.
15. Garnish with Parmesan cheese or nutritional yeast and serve.