

Skyline Chili Spaghetti Squash

Serves 4

Ingredients

Olive oil cooking mist
1 cup of white onions, diced
2 cloves of garlic, minced
3 ounces tomato paste
1 teaspoon Worcestershire sauce
1 Tablespoon apple cider vinegar
¼ teaspoon black pepper
2 Tablespoons chili powder
1 teaspoon smoked paprika
1 teaspoon ground cinnamon
1 teaspoon ground cumin
½ teaspoon ground cloves
½ teaspoon ground allspice
1 pound ground turkey
1 15-ounce can of diced tomatoes, no salt added
3-4 cups of water
2 small spaghetti squash, roasted and shredded



Optional for toppings

Fat free finely shredded cheddar cheese
diced onions
Cooked kidney beans

Directions

1. Heat a medium size pot over medium heat. Spray lightly with the olive oil cooking mist to coat the bottom of the pot.



Click, scan, or call for more recipes or to register for Cooking for Wellness classes.
<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
614.884.HOPE (4673)



RECIPE



RENOVATION

2. Add the diced onions. Cook on medium heat for 5 minutes or until they start to soften and become translucent. Add the garlic and cook for one minute.
3. Stir in the seasonings and tomato paste. Cook for 1 minute to bloom the spices.
4. Add the ground turkey to the pot.
5. Break up the ground turkey with a spatula until it starts to crumble. Do not brown.
6. Add 3 cups of water, diced tomatoes, Worcestershire sauce, and apple cider vinegar.
7. Simmer for for 20-25 minutes or until the sauce begins to thicken. Taste and adjust seasonings.
8. Serve over shredded spaghetti squash.

Nutrition Facts

30 calories, 0 g fat, 2 g carb (1.8 g sugar), 5 g protein, 90 mg sodium



Click, scan, or call for more recipes or to register for Cooking for Wellness classes.
<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
614.884.HOPE (4673)