

Stuffed Spaghetti Squash with Ground Turkey & Cheese

Printable grocery list · Serves 2

- ☐ 1 spaghetti squash (2-3 lbs)
- ☐ 1 lb ground turkey breast
- ☐ Vegetable cooking spray
- ☐ ½ cup green pepper, chopped
- ☐ ½ cup onion, chopped
- ☐ ½ cup mushrooms, sliced
- ☐ 2 cloves garlic, minced
- ☐ ½ tsp each: dried basil, dried oregano, dried parsley, salt, pepper
- ☐ 14.5 oz can diced tomatoes, drained
- ☐ 1 cup fat-free shredded mozzarella