

## Easy Healthy Bolognese (Light & Delicious, Main Courses)



- 1 small onion, diced
- 1 carrot grated
- 1 lb. ground lean turkey
- 1 jar low-sodium marinara sauce
- 1 TBSP Garlic Tomato Basil Seasoning
- 1 spaghetti squash, halved and seeds removed

In a medium skillet, cook onion until soft. Add turkey and seasoning; cook until browned. Add marinara. Simmer until sauce is thick, 15-20 minutes. Place squash, cut sides down, on a rimmed glass dish and fill with about an inch of water. Microwave until soft, about 10-15 minutes, depending on the size of squash and microwave. Top "spaghetti" with meat sauce.