

**Carb-Free Turkey Bolognese with Spaghetti Squash** (Light & Delicious, Main Courses)

- 1 medium onion, diced
- 1 lb. ground turkey
- 2 TBSP Italian Dipping Oil blend
- 1 (28 oz.) can crushed tomatoes
- 1 grated carrot
- 1/2 cup non-fat half & half, optional
- 1 spaghetti squash, halved and seeds removed

In a medium skillet, cook onion until soft. Add turkey, grated carrot and seasoning; cook until turkey is browned. Add tomatoes, bring to a light boil. Reduce heat to low and simmer until sauce is thick, about 30 minutes. Add half & half, if desired. 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.