

Turkey Cranberry Squash Bowls

Cynthia Libert, M.D.

You may also use acorn or butternut squash for this recipe.

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8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian

Use lentils or chickpeas instead of ground meat.

No Microgreens

Use any leafy green like baby spinach, kale, or arugula.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

- 2 Delicata Squash (small)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Poultry Seasoning
- 1 tsp Sea Salt
- 1/2 cup Frozen Cranberries (thawed, or use fresh)
- 4 cups Microgreens
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving

Calories	362	Calcium	129mg
Fat	17g	Iron	4mg
Saturated	3g	Vitamin D	16IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	4g	Thiamine	0.4mg
Monounsaturated	8g	Riboflavin	0.2mg
Carbs	32g	Niacin	8mg
Fiber	6g	Vitamin B6	0.8mg
Sugar	5g	Folate	46µg
Protein	25g	Vitamin B12	1.4µg
Cholesterol	84mg	Phosphorous	301mg
Sodium	677mg	Magnesium	97mg

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<https://www.caringforthebody.org>



Potassium	1016mg	Zinc	3mg
Vitamin A	910IU	Selenium	23µg
Vitamin C	47mg		