

# Turkey Stuffed Dumpling Squash



## Ingredients

- 1 lb. of 99-1% ground turkey or turkey breast
- 1 medium yellow onion diced
- 1 clove of garlic diced
- ½ cup diced red peppers diced
- ¼ tsp. ground sea salt
- ¼ tsp. ground pepper or ground red pepper (for a spicier version)
- 2 dumpling squash-cut in half and seeded
- 2 tbsp. of Extra Virgin Olive Oil
- ½ cup of shredded mozzarella or sharp white cheddar

Cut squash in half and discard all seeds. Use 1 tbsp. of EVOO and drizzle over the four pieces of dumpling squash. Dust the squash with ground sea salt and black pepper. Place in oven at 375 degrees for 30 minutes to roast. Combine turkey, onions, garlic, red peppers, salt and pepper with the remaining 1 Tbs. of EVOO and sauté until lightly browned.

Once squash is roasted, remove from oven and stuff with the turkey mixture and shredded cheese. Pop back in oven for 2-4 minutes to melt the cheese.

Eat and Enjoy!!

*Gina's Gem*



You don't have to  
sacrifice your health for a  
good and tasty meal!!

