

Butternut Squash Parmesan

SIZE

For 6

PREPARATION

1 hour

DIFFICULTY



Level 1



Level 2



Ingredients

1 large butternut squash (or 2 small butternut squash)

4 Tbsp extra virgin olive oil, divided

1 lb ground turkey

2 jars not just pasta sauce

1 (5oz) bag spinach

1 ½ cup shredded mozzarella

1/2 cup grated parmesan

1/4 tsp red pepper flakes

torn basil, to serve

Process

1

Preheat oven to 450 placing two racks on the upper third and lower third positions. Line two sheet trays with parchment paper and set aside. Peel, halve, and remove the seeds + pulp from the squash. Separate the neck from the bulb and slice the neck into ¼ inch planks and the bulb into ¼ inch half moons. Scatter evenly among the two prepared sheet trays, drizzling each tray with 1 ½ Tbspn oil and seasoning with 1 teaspoon salt and ¼ teaspoon pepper. Place in the oven and roast until tender, about 25 minutes. Once tender, remove from the oven and reduce oven heat to 350.



Place on 2 separate sheet trays lined with parchment

Drizzle about 1.5 T evoo on each tray and season with salt and pepper, brushing to coat the squash

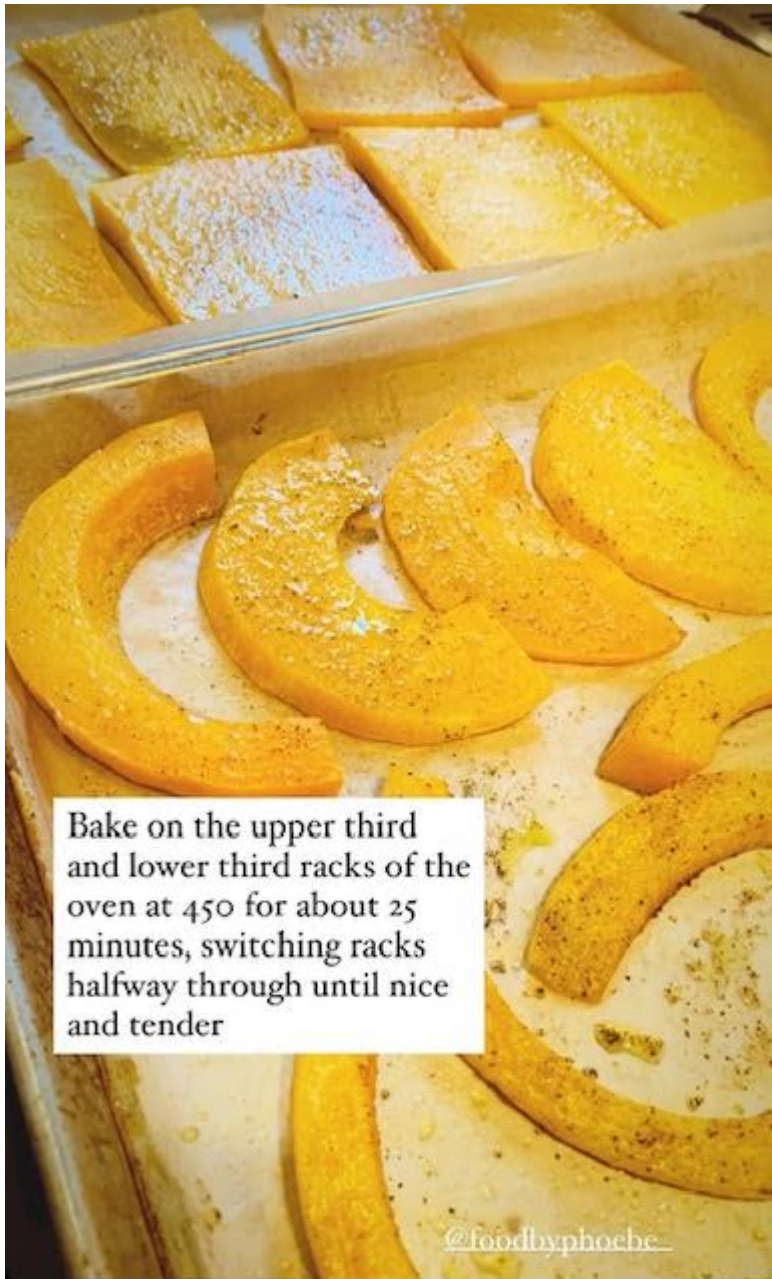


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And the bulbs into 1/4 inch
half moons 🌙

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2

Meanwhile, add the remaining tablespoon oil to a 12-inch nonstick skillet over medium high. Once shimmering, add the ground turkey and season with salt and pepper. Cook, breaking up the meat with a wooden spoon, until no pink remains, about 5 minutes. Add the **not just pasta sauce**, bring to a simmer, add the spinach, and cover for about 3 minutes. Carefully stir the spinach into the sauce until it wilts and remove from the heat.

3

Once the squash is tender and cool enough to touch, start layering your parm. Add a thin layer of the sauce mixture to the bottom of a 9×13 baking dish and spread to cover the bottom of the dish. Arrange all of the half moon squash on top (you may have to play tetris here)! Top the half moons with about half of the remaining sauce mixture followed by 1 cup of shredded mozzarella. Lastly, arrange the planks on top, like the photo above, and top with the remaining sauce mixture, remaining ½ cup shredded mozzarella and the grated parmesan. Place back into the 350 degree oven for about 25-30 minutes until warmed through and bubbly. Top with red

pepper flakes, torn basil, salt and pepper, and a drizzle of extra virgin olive oil.

Let's start building the parm!

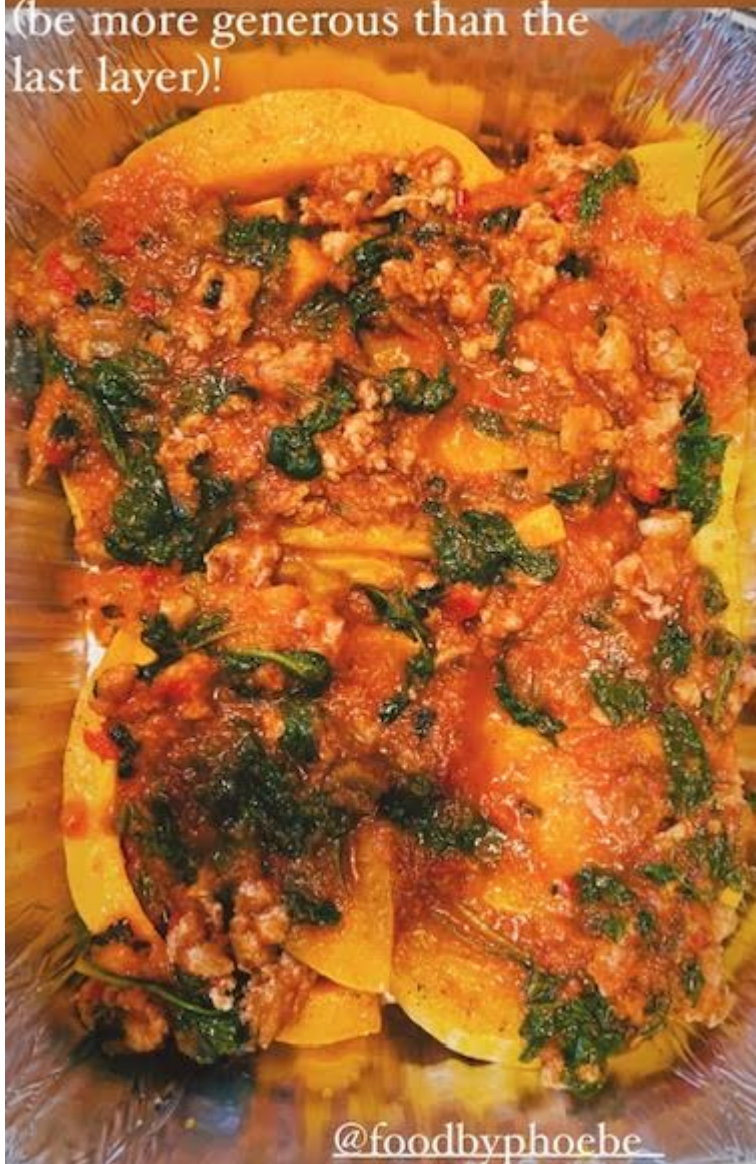


Add a thin layer of the turkey sauce mixture to the bottom of a 9x13 baking dish

And then assemble the half moons! 🌙

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Add another layer of sauce
(be more generous than the
last layer)!



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Top with shredded mozz



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Then layer in your planks!





Top with remaining sauce mixture, more mozz, fresh basil, a drizzle of evoo, and a sprinkle of rp flakes

Cover with foil and pop into the oven @350 for about 20-30 minutes until warmed through and bubbly. Remove the foil and bake for another 15 minutes until the top is slightly golden brown

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enjoy!