



Kale Squash Delight

Ingredients:

2 bunches of Kale
Medium size Spaghetti Squash ~ 5 cups cooked
16-20 oz of Turkey Cutlets
Spices... brown sugar and cinnamon are the bomb with this

Directions:

- Wash the Kale, de-spine and rip into small pieces, then set aside.
- Cook the Spaghetti Squash until done. Then scrap the squash out of the shell and put in a large mixing bowl. I usually cut into small chunks as well.
- Add your spices to the HOT squash and MIX well.
- Fry your Turkey Cutlets in Pam. I like to cut these into strips in the last few mins of cooking. Pay attention to the turkey. You will want to know when you are in the last 3 mins of cooking time.
- Add the Kale to the turkey in the last 3 mins of cooking time. Cover the skillet to Steam the kale. It will turn bright green.
- REMOVE the kale from the skillet immediately to avoid over cooking the nutrients from the kale. (turns yellow and brown if over cooked)
- Add both the kale and turkey to your squash and MIX WELL.
- Add Udo's to your Squash Delight to add a bit of extra flavor. yummy
- Dish up and enjoy.

Variations to this recipe:

Try a variety of squashes.

Try adding a sautéed onion to the turkey as it is cooking.

This is wonderful with Turkey, Ostrich, Chicken, Shrimp, Buffalo, TVP, and Smart Ground. As you can see I have tried this with many different protein sources.

I also really like this combination with Collard Greens in place of the Kale.

Be creative and see where YOUR taste buds lead you.

~Nadine