INGREDIENTS:
6 medium summer squash, cut in half lengthwise
½ c. salsa
1 lb. ground turkey
1 packet taco seasoning
½ small onion, chopped fine
½ c. bell pepper, chopped fine
1 (4-oz.) can tomato sauce
¼ c. water
½ c. shredded cheese
¼ c. cilantro

DIRECTIONS:
Preheat oven to 350 F. Bring a large pot of water to a boil. Place the squash in the boiling water for two minutes, then place on a paper towel to drain. Using a spoon, remove the seeds and discard. Scrape out the flesh of the squash, reserving 1 cup for this recipe and using the rest in other recipes or freezing it as described. Spoon ¼ cup salsa into the bottom of a large baking dish and arrange squash face up. Set aside. Brown turkey in a large skillet until no longer pink. Add taco seasoning, onion, pepper, cilantro, reserved squash, tomato sauce and water and stir to combine. Cover and simmer 20 minutes. Fill each squash boat with the turkey mixture, then top with cheese. Cover with foil and bake 25 to 30 minutes or until squash is fork tender and cheese is melted. Garnish and serve with salsa.

NUTRITION:
Makes six servings. Each serving has 250 calories, 11 grams (g) fat, 26 g protein, 13 g carbohydrate, 3 g fiber and 430 milligrams sodium.