

# Turmeric Chicken, Squash & Asparagus

7 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 425°F (218°C).
2. Slice the acorn squash in half, and place flesh-side down on a baking sheet. Bake in the oven for 30 minutes.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the ground chicken, breaking it up as it cooks. Once it is cooked through, add the turmeric and half of the sea salt. Turn off the heat, mix well and set aside.
4. Toss the asparagus with olive oil, and season with remaining sea salt.
5. Remove the acorn squash from the oven and push to the side of the baking sheet. Add the asparagus to the sheet, and bake for another 10 to 15 minutes, or until asparagus is tender and squash is cooked through. Remove from the oven.
6. Divide the squash, asparagus and chicken between plates or containers. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to three days.

### No Ground Chicken

Use ground turkey, beef, pork, lamb or bison instead.

### Vegan & Vegetarian

Use roasted chickpeas instead of ground chicken.

## Ingredients

- 1 Acorn Squash (large)
- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Chicken
- 2 **tsps** Turmeric
- 1/2 **tsp** Sea Salt (divided)
- 4 **cups** Asparagus (woody ends trimmed)
- 1 **tbsp** Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	297	<b>Cholesterol</b>	98mg
<b>Fat</b>	16g	<b>Sodium</b>	370mg
<b>Carbs</b>	17g	<b>Vitamin A</b>	1409IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	19mg
<b>Sugar</b>	3g	<b>Calcium</b>	77mg
<b>Protein</b>	24g	<b>Iron</b>	5mg