

Low-Glycemic Turkey-Stuffed Delicata Squash with Tahini

Nutrient-dense delicata squash boats filled with savory ground turkey, mushrooms, and kale create a perfectly balanced low-GI meal that won't spike blood sugar.

Prep: 15 min

Cook: 45 min

Total: 60 min

Servings: 4

GL 10.5 / GI 29

Ingredients

Low GI (~50), rich in fiber and complex carbohydrates 2 medium delicata squash (about 1 pound each), halved lengthwise and seeded

Healthy monounsaturated fats slow glucose absorption 4 tablespoons extra virgin olive oil, divided

No glycemic impact Pink Himalayan salt, to taste

No glycemic impact Freshly ground black pepper, to taste

Low GI (~10), adds flavor and prebiotic fiber 1 cup yellow onion, finely chopped

Very low GI (~15), high water and fiber content 1 cup celery stalks, finely chopped

Minimal glycemic impact, supports metabolic health 2 large garlic cloves, minced

Very low GI (~10), adds umami and B vitamins 1 cup cremini or button mushrooms, chopped

Zero GI, high-quality protein stabilizes blood sugar 1 pound lean ground turkey (93% lean)

No glycemic impact 1 tablespoon organic garlic salt

No glycemic impact, adds antioxidants ½ teaspoon smoked paprika

May help improve insulin sensitivity 1 teaspoon ground cumin

Very low GI (~2), extremely high in fiber and nutrients 1 cup fresh kale leaves, stems removed and chopped

Low GI (~25), healthy fats slow carb absorption 2 tablespoons tahini (sesame seed paste)

No glycemic impact, adds fresh flavor 2 tablespoons fresh chives, minced

Instructions

Step 1

Position an oven rack in the center and preheat your oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper for easy cleanup.

Step 2

Prepare the delicata squash by slicing each one in half lengthwise and scooping out the seeds with a spoon. Brush the cut surfaces and cavities with 2 tablespoons of olive oil, then season generously with pink Himalayan salt and freshly ground black pepper. Arrange the squash halves cut-side up on the prepared baking sheet.

Step 3

Roast the squash in the preheated oven for 35 to 40 minutes, until the flesh is fork-tender and lightly caramelized around the edges. The natural sugars will concentrate, creating a sweet contrast to the savory filling.

Step 4

While the squash roasts, prepare the turkey filling. Heat the remaining 2 tablespoons of olive oil in a large skillet over medium heat. Add the chopped onion, celery, and minced garlic. Sauté for 4 to 5 minutes, stirring occasionally, until the onion becomes translucent and the vegetables soften. Add the chopped mushrooms and continue cooking for another 2 to 3 minutes until they release their moisture and become tender.

Step 5

Increase the heat to medium-high and add the ground turkey to the skillet, breaking it apart with a wooden spoon. Sprinkle in the garlic salt, smoked paprika, and ground cumin. Cook for 4 to 5 minutes, stirring frequently and breaking up any large chunks, until the turkey is completely cooked through with no pink remaining.

Step 6

Reduce the heat to medium-low and fold in the chopped kale leaves. Cook for 1 to 2 minutes, stirring constantly, just until the kale wilts and becomes tender but still retains its vibrant green color. Remove the skillet from the heat.

Step 7

Stir the tahini into the turkey mixture until evenly distributed, creating a creamy coating that binds the filling together. Taste and adjust seasoning with additional salt and pepper as needed.

Step 8

Remove the roasted squash from the oven and generously fill each cavity with the turkey mixture, mounding it slightly. Garnish with minced fresh chives and serve immediately, allowing one stuffed squash half per person. For optimal blood sugar control, encourage diners to eat the protein-rich filling first, then enjoy the squash.