

# Low-Glycemic Turkey-Stuffed Delicata Squash with Tahini

*Naturally sweet delicata squash boats filled with savory turkey and vegetables create a perfectly balanced, blood sugar-friendly meal that satisfies without the spike.*

Prep: 15 min

Cook: 45 min

Total: 60 min

Servings: 4

GL 10.5 / GI 29

## Ingredients

- Low-medium GI; rich in fiber and beta-carotene**

2 medium delicata squash (about 1 pound each), halved lengthwise and seeded
- 4 tablespoons extra virgin olive oil, divided
- Pink Himalayan salt, to taste
- Freshly ground black pepper, to taste
- 1 cup yellow onion, finely chopped
- 1 cup celery stalks, finely chopped
- 2 garlic cloves, minced
- Very low GI; adds umami without carbs**

1 cup cremini mushrooms, chopped
- High protein; no glycemic impact**

1 pound lean ground turkey (93% lean)
- 1 tablespoon organic garlic salt
- 1/2 teaspoon smoked paprika
- [logifoodcoach.com/recipes/low-glycemic-turkey-stuffed-delicata-squash-with-tahini](https://logifoodcoach.com/recipes/low-glycemic-turkey-stuffed-delicata-squash-with-tahini)

1 teaspoon ground cumin

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**Very low GI; high fiber and nutrients** 1 cup fresh kale leaves, stems removed and chopped

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**Low GI; healthy fats slow glucose absorption** 2 tablespoons tahini (sesame seed paste)

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## Instructions

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### 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

Brush the cut surfaces and cavities of the delicata squash halves with 2 tablespoons of olive oil, ensuring even coverage. Season the flesh generously with pink Himalayan salt and freshly ground black pepper. Arrange the squash halves cut-side up on the prepared baking sheet.

### Step 3

Transfer the baking sheet to the preheated oven and roast the squash for 35 to 40 minutes, until the flesh is fork-tender and lightly caramelized around the edges. The natural sugars will concentrate, creating a subtly sweet flavor.

### Step 4

While the squash roasts, warm 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.

### Step 5

Add the chopped mushrooms to the skillet and continue cooking for 2 to 3 minutes until they release their moisture and become tender. The mushrooms will add rich umami flavor without impacting blood sugar.

### Step 6

Increase the heat slightly 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, until the turkey is completely cooked through with no pink remaining.

### Step 7

Stir in the chopped kale leaves and cook for 1 to 2 minutes until they wilt and soften. Remove the skillet from heat and fold in the tahini, mixing thoroughly until the filling becomes creamy and well combined. Taste and adjust seasoning with additional salt and pepper if needed.

### Step 8

Remove the roasted squash from the oven and generously fill each cavity with the turkey mixture, mounding it slightly. Garnish with freshly minced chives and serve immediately, allowing one stuffed squash half per person for a complete, blood sugar-friendly meal.