

Butternut Squash and Ground Turkey Casserole



A simple, flavorful, and nourishing dish that fits perfectly into your weeknight meal rotation. Roasted butternut squash adds a slight sweetness, balanced by ground turkey and white beans for a protein-packed meal. With its golden, cheesy topping, this casserole is both comforting and practical. Serve it with a crisp salad for a complete and balanced meal!

Preparation 10 min

Cooking 45 min

Portion 6

Nutrition Facts (per serving)

Calories 450 kcal

Fat 15 g

Carbohydrates 41 g

Fibre 7 g

Protein 37 g

Sodium 550 mg

Ingredients

- 750 g (1 bag) frozen butternut squash
- ½ fresh cauliflower or 500 ml (2 cups) frozen cauliflower
- 2 shallots or 1 onion, thinly sliced, divided
- 15 ml (1 tbsp) Italian seasoning
- 15 ml (1 tbsp) olive oil, divided

- 454 g (1 lb) ground turkey
- 2 garlic cloves, minced
- 15 ml (1 tbsp) fresh sage, chopped
- Salt and pepper, to taste
- 125 ml (½ cup) white wine or chicken broth
- 1 can (540 ml) white beans, drained and rinsed
- 250 ml (1 cup) unsweetened soy beverage
- 60 ml (¼ cup) grated Parmesan
- 250 ml (1 cup) shredded light cheddar cheese, for topping

Preparation

1. Preheat the oven to 400°F (200°C).
2. In an oven-safe dish, combine the butternut squash, cauliflower, and half of the shallots. Drizzle with ½ tbsp olive oil, sprinkle with Italian seasoning, salt, and pepper. Roast for 20 minutes, stirring halfway through.
3. Meanwhile, in a large pan over medium heat, heat the remaining olive oil and sauté the ground turkey with the garlic and remaining shallots. Season and cook until no longer pink.
4. Deglaze the pan with white wine and let simmer for 2 minutes.
5. Stir in the white beans, soy beverage, and Parmesan. Mix well and let simmer for 5 minutes.
6. Pour the turkey mixture over the roasted vegetables in the baking dish and spread evenly. Top with shredded cheese.
7. Bake for 15–20 minutes, until the cheese is golden and bubbly.
8. Let rest a few minutes before serving.

Notes

Keeps for up to 3 days in the refrigerator or 3 months in the freezer.



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