

ZOODLES



Total Time: 30 minutes



Servings: 8

Ingredients:

2 tablespoons olive oil
1 lb. lean ground turkey
½ diced yellow onion
2 crushed garlic cloves
1 teaspoon Italian seasoning
1 teaspoon salt
1 jar of pasta sauce
2 spiralized zucchini
½ box of whole wheat spaghetti noodles
Shredded parmesan cheese (preference)

Instructions:

1. Prep your ingredients: Dice ½ of the yellow onion, crush garlic cloves (use a garlic press or simply just dice the cloves with a knife), grate parmesan cheese, and spiralize the zucchini.
2. To the bottom of a large skillet, add about 2 tablespoons of olive oil, add the diced onion and garlic, and cook down until onions are translucent and aromatic.
3. To the large skillet, add the ground turkey and cook until browned. Add Italian season and salt. Check the interior temperature of the turkey to ensure it reaches a safe temperature of 165 degrees Fahrenheit.
4. Add the pasta sauce to the mixture and stir to incorporate.
5. In a large pot, bring water to a boil and add the whole wheat noodles. Allow the noodles to cook for about 10-12 minutes.
6. In a microwavable bowl, add the spiralized zucchini. Microwave for 2 minutes or until softened to your liking.
7. Pat zoodles dry on a paper towel to remove excess water the zucchinis released.
8. To the large pot, add the cooked spiralized zucchini to the whole wheat noodles.
9. Serve and top with shredded parmesan.

Recipe source:

<https://easygoodideas.com/zucchini-noodles-with-meat-sauce>