

# ZUCCHINI NOODLES & TURKEY BOLOGNESE

-----MAINS-----

## INGREDIENTS

### Zucchini Noodles:

3 medium zucchinis  
1 tablespoon olive oil

### Turkey Bolognese:

1 tablespoon olive oil  
1 large onion, chopped  
1 large carrot, peeled and chopped  
1 celery stalk, chopped  
3 cloves garlic, minced  
1 pound lean ground turkey  
1/2 teaspoon kosher salt  
Freshly ground black pepper to taste  
1 28-ounce can crushed tomatoes  
1 8-ounce can tomato sauce  
1/4 cup freshly chopped parsley, plus more for garnish  
2 teaspoons dried oregano  
1/2 cup grated parmesan cheese (optional)

## DIRECTIONS

1. First, make the Bolognese. In a large skillet or pot over medium heat, heat oil. Add onion, carrot, celery and garlic and cook until tender, 5 to 7 minutes. Add ground turkey and cook until no longer pink, 5 minutes more. Season with salt and pepper.
2. Add crushed tomatoes, tomato sauce, parsley, and dried oregano. Let simmer until thickened, 10 to 15 minutes.
3. Next, make zucchini noodles. Clamp the spiralizer to your countertop. Wash and dry zucchini. Trim off the tip of the zucchini and secure it between the blade and the teeth of the spiralizer. Turn the handle to make the noodles.
4. Add 1 tablespoon olive oil to a large sauté pan over medium-low heat. Add the zucchini noodles and cook them, tossing them constantly, for 2 minutes.
5. Plate the zucchini noodles and top them with the turkey Bolognese. Garnish with additional parsley and parmesan cheese if desired.

## VARIATIONS & TIPS

- You could use whole wheat pasta or spaghetti squash in place of zucchini noodles.
- Freeze any leftover sauce.
- Depending on the size of the zucchini, 2 zucchinis may make enough zucchini noodles for this recipe.
- Be sure to not overcook the zucchini noodles so they do not become will be soggy. If you prefer the zucchini noodles to be crunchier, you could opt to not cook them.
- You could also garnish it with basil or oregano.

## NUTRITION FACTS

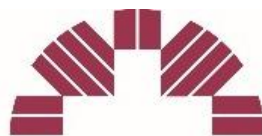
224 calories, 6.6g fat (1.3 g saturated fat), 22.7 g protein, 17.4 g carbohydrates, 4.8 g fiber, 460 mg sodium

**YIELD:** 6 servings

**TOTAL COST:** \$11.00

**COST PER SERVING:** \$1.83

**SOURCE:** Delish.com and Justataste.com



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