



Spaghetti with Turkey Meat Sauce

Top your pasta with this healthy version of a classic Italian dish.

Makes 8 servings. *1½ cups per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

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| nonstick cooking spray | 2 cloves garlic,
finely chopped |
| ¾ pound lean ground turkey | 1 teaspoon crushed dried
oregano |
| 2 (14½-ounce) cans diced
tomatoes, juice reserved | 1 teaspoon ground black
pepper |
| 1 green bell pepper, finely
chopped | 1 pound spaghetti noodles |
| 1 cup finely chopped onion | |

Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

Nutrition information per serving: Calories 346, Carbohydrate 57 g,
Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg