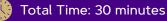
## ZOODLES





## **Ingredients:**

- 2 tablespoons olive oil
- 1 lb. lean ground turkey
- 1/2 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