



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

nonstick cooking spray	2 cloves garlic, finely chopped
$\frac{3}{4}$ 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