

Zucchini Spaghetti w/ Homemade Turkey Marinara Sauce (6 servings)

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, finely minced
- ½ sweet onion, finely diced
- 1 lb. Turkey, ground, lean
- 1 each (15.5-oz) can tomato sauce, low-sodium
- 1 each (28-oz) can diced tomatoes, low-sodium, partially drained
- 1 tablespoon oregano, fresh, finely chopped
- 1 tablespoon basil, fresh, finely chopped
- ¼ teaspoon black pepper
- 1 each zucchini, large size, spiralized into noodles
- 1 each yellow squash, large size, spiralized into noodles
- 1 tablespoon olive oil
- 1 tablespoon garlic, fresh, finely minced
- 2 teaspoons sugar
- ¼ teaspoon salt
- 3 cups homemade turkey marinara sauce
- ½ cup mozzarella cheese
- ¼ cup parsley, fresh, finely chopped

Directions:

- In a medium-size stove-top pot, heat olive oil over medium heat, add garlic and onion; sauté until onion becomes translucent in color, be careful not to burn.
- Add ground turkey, break up well with wooden spoon; cook until no pink color is visible, drain excess liquid if needed.
- Add the next 5 ingredients; stir and reduce heat to medium-low. Simmer uncovered for about 45 - 50 minutes, sauce will continually thicken the longer you let it simmer.
- Using a spiralizer, make noodles out of the zucchini and squash, set aside.
- Once sauce is done simmering, add sugar and salt; taste and adjust seasoning if needed, keep warm on low setting.
- Preheat a large nonstick skillet over medium heat, wipe out with paper towel if needed; add olive oil and garlic. Cook for 30-45 seconds. Add zucchini noodles and cook stirring occasionally for about 1 to 1 ½ minutes. Remove the noodles to a serving platter.
- Ladle the turkey marinara sauce on top of noodles. Top with mozzarella cheese, garnish with fresh parsley.