

QUICK AND EASY SPAGHETTI

PLAN IT!

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

Food I need to purchase to prepare this recipe:

TIPS

- Purchase pre-chopped onions and bell peppers, fresh or frozen
- Check sodium content to determine best spaghetti sauce
- Pair with a vegetable (e.g. green beans, etc.)

PREPARE IT!

Serves: 4-6 Prep. Time: 20 min

Ingredients

- 1 lb lean ground turkey
- Salt and pepper or Creole seasoning to taste
- ½ cup onions, chopped
- ½ cup green bell peppers, chopped
- 1 tbsp garlic, minced
- 1 jar of spaghetti sauce
- 1 can of tomato sauce
- 2 tsp Italian seasoning blend
- 6 ounces uncooked wholegrain spaghetti
- Grated parmesan cheese (optional)

Instructions

1. Cook spaghetti using the instructions on the box.
2. In a large pot, cook turkey, fresh seasoning, and garlic over medium heat. Season meat to your preference and cook until meat is no longer pink.
3. Drain excess liquid.
4. Add spaghetti sauce
5. Season with salt and pepper or Creole seasoning to taste.
6. Bring to a boil. Stir in spaghetti. Simmer, covered for 12-15 minutes or until spaghetti is tender.
7. If desired, sprinkle grated parmesan cheese on top

ENJOY IT!

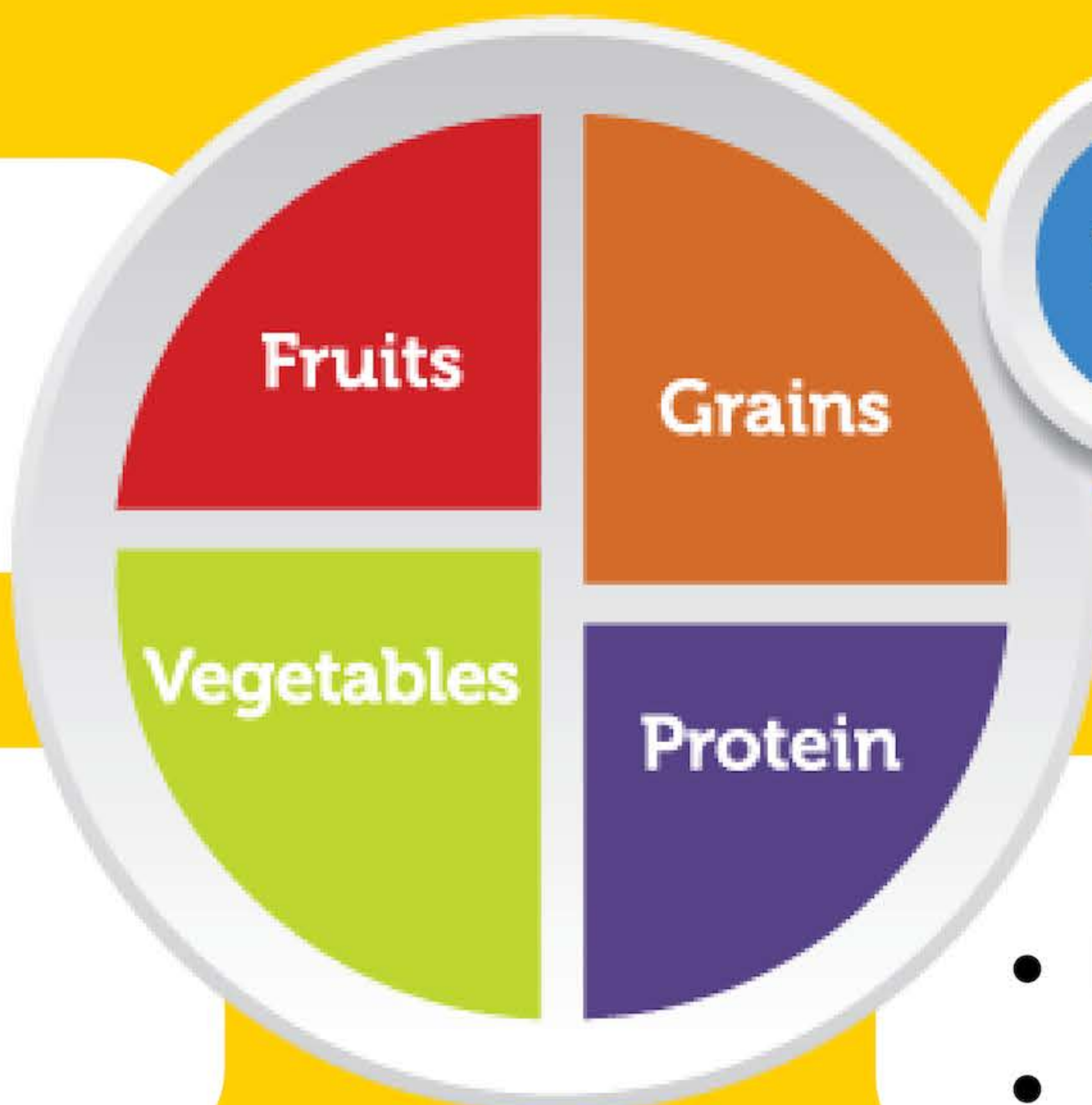
Use MyPlate to complete your meal. Fill in the blanks with foods of your choice.

Fruits

- Strawberries
- _____

Vegetables

- Veggie chips
- _____



Dairy

Dairy

- Yogurt
- _____

Grains

Granola Bar

Protein

- Peanut butter crackers
- _____