



## **Zucchini Noodles with Meat Sauce**

*A great alternative to pasta!*

### **Ingredients**

2 Tablespoons olive oil

1 large onion, chopped

1 package ground turkey (I use 85% lean)

4 cups raw baby spinach, loosely packed (about 2 big handfuls)

1 Tablespoon or more fresh basil, chopped

Sprinkle of dried Italian spice blend

1.5 jars of pasta sauce (23.5 oz each - I use Newman's Organic Tomato Basil)

Wedge of fresh parmesan cheese, grated

4 small zucchini, peeled with a vegetable peeler

Sauté onion in the oil for 8-10 minutes on medium high. Stir often and get the onion nice and brown. I use a cast iron skillet, which really sautés the onion nicely. Add turkey to the onion and cook until no longer pink. Add spinach one handful at a time, incorporating into the turkey and onion. Add basil and Italian spices and stir. Drain pan and add red sauce. Let simmer for a few minutes. Meanwhile, peel each zucchini with a vegetable peeler until you get it to a nub that you can no longer work with (you can save this piece and chop up and add to another dish to sneak in some veggies.) Place zucchini peels (your noodles) on a plate and microwave each plate for one minute. Top with meat sauce and fresh Parmesan. Serves 4. Enjoy!