



# Bolognese Zucchini Pasta

4 Servings • 1 Serving = 1 Cup Zucchini Noodles and ½ Cup Bolognese

## INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- ¼ red onion, chopped
- 2 cloves garlic, minced
- ½ pound ground turkey breast or 96% lean ground beef
- 2-3 carrots, finely shredded
- Pinch of red pepper flakes
- 1 teaspoon Italian seasoning
- Salt, to taste
- 16 ounces marinara or tomato sauce
- 4 medium zucchini, both ends sliced off
- ¼ cup parmesan cheese

## DIRECTIONS

1. Heat a large rimmed skillet over medium heat. Once hot, add oil, onion, and garlic. Sauté 2-3 minutes, stirring frequently, until slightly softened and fragrant. Turn down heat if browning.
2. Add ground turkey or beef. Crumble with a spatula and cook until 2 minutes more. Add carrots, stir, and cook for 3-4 minutes.
3. Stir in red pepper flakes, Italian seasoning, and salt. Add tomato sauce and stir well. Increase heat slightly and bring to a simmer. Reduce heat to low and continue cooking until meat is fully cooked, about 7 minutes.
4. While the meat cooks, spiralize zucchini or using a vegetable peeler, slice strips of zucchini noodles.
5. Serve zucchini noodles with Bolognese on top. Garnish with parmesan cheese.

## Nutrition Facts

4 servings per container  
Serving size **1 cup zucchini noodles, 1/2 cup Bolognese**

Amount per serving  
**Calories 220**

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 230mg 10%

**Total Carbohydrate** 21g 8%

Dietary Fiber 5g 18%

**Total Sugars** 12g

Includes 0g Added Sugars 0%

**Protein** 17g

Vitamin D 0mcg 0%

Calcium 91mg 8%

Iron 3mg 15%

Potassium 666mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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