

Turkey Italiano

4 SERVINGS, 1-1/4 CUP EACH



Ingredients:

1 pound ground turkey
1 tsp. oil
4 ounces thin spaghetti, broken into fourths (about 1-1/2 cups dry)
1 small onion, cut in wedges
1 small green pepper, cut in strips
1/8 tsp. instant minced garlic
1 tsp. oregano leaves
1/8 tsp. salt
1 bay leaf
16 oz. can tomatoes
1/4 cup water
1 Tbsp. chopped parsley (optional)

Directions:

1. Heat oil in fry pan. Cook ground turkey until no longer pink, about 2 minutes.
2. Add spaghetti, onion, and pepper strips around turkey. Sprinkle with seasonings.
3. Break up large pieces of tomatoes. Pour tomato and water over top of turkey.
4. Bring to boiling. Reduce heat, cover, and cook about 15 minutes.
5. Remove bay leaf. Garnish with parsley.

Per Serving: 280 Calories; 3 grams Total fat; 341 mg Sodium
1 serving = 3 protein ounces; 1-1/2 grain ounces; 1/4 cup vegetables