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BOLOGNESE ZUCCHINI PASTA

4 to 6 Servings • Serving = 1 cup zucchini noodles + ½ cup Bolognese

INGREDIENTS

- 1 Tablespoon extra-virgin olive oil
 - ¼ red onion, chopped (about ¼ cup)
 - 2 cloves garlic, minced (about 2 Tablespoons)
 - 2-3 carrots, finely shredded (about 1 cup)
 - ½ pound ground turkey breast or 96% lean ground beef
 - Pinch red pepper flakes
 - 1 teaspoons Italian seasoning
 - 16 ounces marinara or tomato sauce
 - salt (optional)
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- For zucchini noodles:
 - 4-6 medium zucchini (1 per person), rinsed and both ends sliced off

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. Cook 3-4 minutes more.
3. Stir in red pepper flake and Italian seasoning. 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. While the meat cooks, spiralize zucchini or using a vegetable peeler, slice strips of zucchini noodles.
4. Serve zucchini noodles with Bolognese on top. Garnish with parmesan cheese.

NUTRITION FACTS Serving Size = ½ cup Bolognese + 1 cup zucchini noodles (319g); Servings per container = 4-6; Calories 160; Total Fat 8g (10%); Saturated Fat 0.5g (3%); Cholesterol 30mg (10%); Sodium 460mg (20%); Total Carbohydrate 15g (5%); Dietary Fiber 2g (7%); Sugars 9g; Protein 12g.

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