

Spaghetti with Turkey Meat Sauce

What you need:

Using nonstick cooking spray, ground turkey, and no added salt helps to make this classic dish heart-healthy.

- nonstick cooking spray, as needed
- 1 lb ground turkey
- 1 can (28 oz) tomatoes, cut up
- 1 cup finely chopped green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 tsp dried oregano, crushed
- 1 tsp black pepper
- 1 lb spaghetti, uncooked



(over for directions, nutritional information)

Spaghetti with Turkey Meat Sauce (continued)

How to make:

Spray a large skillet with nonstick spray coating. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.) Meanwhile, cook spaghetti in unsalted water. Drain well. Serve sauce over spaghetti.

Yield: 6 servings—Serving Size: 5 oz sauce and 9 oz spaghetti.

Nutritional Information:

Calories: 330

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 60 mg

Sodium: 280 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>