

QUICK AND EASY SPAGHETTI

PLAN IT!

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

Food I need to purchase to prepare this recipe:

PREPARE IT!

Serves 4 | Prep Time: 10 min | Cook Time: 15 min

Ingredients

- 1 lb lean ground turkey
- Salt and pepper
- 1/2 onion, finely chopped
- 1/2 cup green bell peppers, finely chopped

- 1 jar of spaghetti sauce
- 1 can of tomato sauce
- 2 tsp Italian seasoning
- 1/2 cup shredded parmesan cheese
- Grated parmesan cheese (optional)

Instructions

- Preheat oven to 375°F.
- In a large skillet, brown the turkey with onion and peppers. Season with salt and pepper to taste. Drain excess liquid.
- Add spaghetti sauce, tomato sauce, and Italian seasoning. Simmer for 10 minutes.
- Transfer to a bowl. Stir in parmesan cheese. Simmer, covered, for 15 minutes, or until spaghetti is cooked.
- If desired, sprinkle with grated parmesan cheese on top.

TIPS

- Purchase pre-chopped onion and bell peppers for convenience.
- Check sodium content to determine best spaghetti sauce.
- Pair with a vegetable like peas, etc.

ENJOY IT!

Use MyPlate to complete your meal. Fill in the blanks with foods from each group.

Fruits

- Strawberries
- _____

Vegetables

- Veggie chips
- _____

Dairy

- Yogurt
- Granola Bar

Protein

- Peanut butter crackers
- _____

