

Turkey Delicious Spaghetti

Eat spaghetti and keep your body in fat burning mode. The key is the amount you eat and how you combine your food. This recipe keeps the easy in how to eat pasta as a fat burning meal! Enjoy!

Ingredients:

- 1 lb lean ground turkey (or ground meat, chicken, or meatless option)
- 1 chopped green pepper
- 1 cup sliced fresh mushrooms
- ¼ cup chopped onion
- 2 jars of your favorite Marinara (9.3 oz each)
- 6 ounces uncooked multi-grain spaghetti
- ¾ cup of water or low sodium natural chicken broth
- 1 teaspoon of oregano
- 1 teaspoon of fennel seed
- Grated parmesan cheese, (optional)

Method:

1. In a large nonstick skillet coated with cooking spray, cook the turkey, pepper, mushrooms and onion over medium heat until meat is no longer pink and vegetables are crisp-tender.
2. Stir in the tomato sauce, spaghetti and water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until spaghetti and vegetables are tender. Garnish with cheese if desired.

Serves: 4

APPROXIMATE NUTRITIONAL ANALYSIS PER SERVING: 476 calories, 36 grams of protein, 45 grams of carbohydrates, 16.7 grams of fat, and 8 grams of fiber.

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