



Turkey Spaghetti Zoodles

Savannah · 30/09/2024



Prep Time

24 mins

Difficult

Medium

Servings

5

Description

A super simple one-pot dinner that's low-calorie, low-carb, paleo, gluten-free, and takes just 10 minutes to make. This will be your go-to week night dinner. Serve immediately or store in the refrigerator up to 3 days.

Ingredients

- 1 teaspoon extra-virgin olive oil - 1 ¼ pounds ground turkey breast - 1 cup diced green bell pepper - 1 tablespoon minced garlic - 2 teaspoons Italian seasoning - ½ teaspoon ground black pepper - ¼ teaspoon salt - ¼ teaspoon red pepper flakes - 3 cups marinara sauce - 2 cups baby spinach leaves - 4 zucchini
- cut into noodle-shape strands

Instructions

1. Heat olive oil in a large skillet over medium heat. Add turkey breast
2. green pepper
3. garlic
4. Italian seasoning
5. ground black pepper
6. salt
7. and red pepper flakes; cook and stir until turkey is lightly browned
8. 4 to 5 minutes. Stir marinara sauce and baby spinach into the turkey mixture; cook and stir until marinara sauce is warm through
9. about 3 minutes. Stir zucchini noodles into the sauce with tongs; cook and stir until the zucchini is slightly tender
10. 2 to 3 minutes. Recipe Tips I use an organic
11. no salt added
12. low-sugar marinara sauce. Use a spiralizer or vegetable peeler to make the zucchini noodles.