



“CONFETTI SPAGHETTI”

- 1 POUND TURKEY SAUSAGE, CASINGS REMOVED
- 2 TABLESPOONS FRESH GARLIC, CRUSHED
- ½ CUP ONION, FINELY CHOPPED
- ½ CUP CARROTS, SMALL DICE
- ½ CUP ZUCCHINI, SMALL DICE
- ½ CUP YELLOW SQUASH, SMALL DICE
- 3 CUPS GARLIC BASIL SPAGHETTI SAUCE
- 1 POUND WHOLE WHEAT SPAGHETTI NOODLES

1. IN A LARGE POT, COOK SAUSAGE, GARLIC AND ONION ON MEDIUM-HIGH HEAT FOR 10 MINUTES UNTIL DONE.

2. ADD CARROTS, ZUCCHINI, SQUASH AND SPAGHETTI SAUCE TO PAN. WHEN SAUCE BEGINS TO SIMMER, REDUCE HEAT TO MEDIUM-LOW. COOK SAUCE FOR 10 MINUTES, STIRRING OCCASIONALLY.

3. IN A LARGE POT OF BOILING WATER, COOK WHOLE WHEAT PASTA ACCORDING TO DIRECTIONS ON BOX. WHEN DONE, DRAIN PASTA IN COLANDER. SERVE PASTA WITH SAUCE ON TOP.

SERVINGS: 10 / PREP TIME: 20 MINUTES / COOK TIME: 25 MINUTES

THIS HEALTHY RECIPE IS LOADED WITH VEGETABLES & WHOLE WHEAT PASTA. IT'S A SMARTER CHOICE BECAUSE IT USES GROUND TURKEY INSTEAD OF BEEF; WHICH LOWERS THE FAT CONTENT. ONE-DISH MEALS ARE COST EFFECTIVE & GREAT FOR PARTIES.