

Spaghetti Sauce with Turkey

Number of Servings: About 12

Ingredient	Nutrients per serving
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29 oz. can	no added salt diced tomatoes
8 fl. oz. can	unsalted tomato sauce
½ each	green bell pepper, diced
½ each	small yellow onion, diced
½ tsp.	oregano leaves, dried
½ tsp.	bay leaf, crumbled, dried
2 each	garlic cloves, crushed
24 oz.	93% fat free ground turkey

Nutrition Facts	
Serving Size About 1/2 cup (111g) Servings Per Container About 12	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 2% • Vitamin C 10%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

1. Combine all ingredients (except turkey) in medium pot and heat over low heat.
2. Meanwhile, warm medium skillet over medium heat. Spray the skillet with cooking spray and add ground turkey. Cook until lightly brown.
3. Add turkey to sauce pot and cook for about 20 more minutes. The sauce may start to bubble a little, just make sure to keep stirring occasionally.

This recipe can be part of a well balanced food plan.

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