

Sexy Zucchini Zoodles with Spicy Turkey Sauce

Ingredients:

- 1 packaged ground lean turkey
- 3 cloves of garlic minced
- 2 carrots chopped
- 1 onion chopped
- 1 green pepper chopped
- 1 red pepper chopped
- 3 cups spinach
- 1 can diced tomatoes
- 3 Zucchini
- 2 Tbps olive oil
- 2 Tbps red pepper flakes
- 1 tbsp herb de provence
- 1 tbsp basil leaves



Steps:

Step 1: Chop and mince, garlic, onions, peppers, and carrots.

Step 2: In large skillet over medium heat, at 2 Tbps olive oil and cook vegetables until tender.

Step 3: add ground turkey, cook thoroughly.

Step 4: Add 1 can diced tomatoes. Add seasonings.

Step 5: Using a Veggetti Spiral Vegetable Slicer or mandolin- turn zucchini into noodles. In a large skillet heat up olive oil and stir fry the Zoodles until soft.

Step 6: Just like pasta place cooked Zoodles on a 8 inch plate, scoop large serving of Spicy Turkey Sauce. Add fresh grated parmesan reggiano. Enjoy!