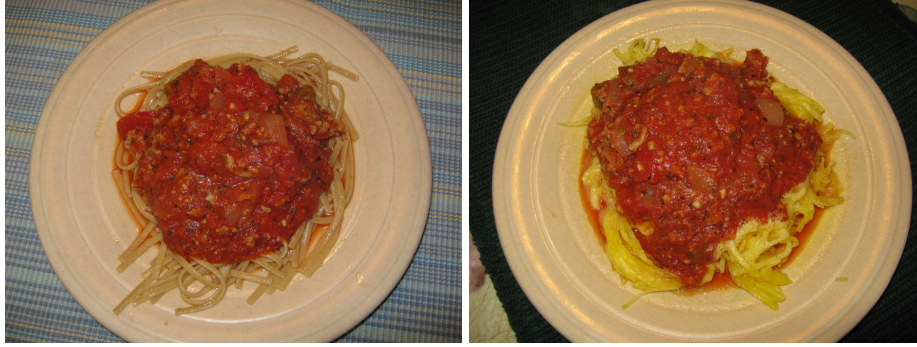


Spectacular Spaghetti



Pictured here with (your choice) of whole-wheat noodles or spaghetti squash.

Totals for one cup of meat sauce:

Calories 139 Fat 3.3g Fiber 3g Carbs 15.4g

Totals for 2 ounces cooked whole-wheat pasta noodles:

Calories 180 Fat 2g Fiber 6g Carbs 41g

Totals for one-cup cooked spaghetti squash:

Calories 42 Fat 0g Fiber 2g Carbs 10g

What you'll need:

- | | |
|--|--|
| 1 Tablespoon powdered chicken bouillon | 1 6 Oz can tomato paste |
| 1 Onion chopped | 3 14 Oz cans crushed tomatoes |
| 1 Green bell pepper chopped | 2 14 Oz cans stewed tomatoes |
| 2 Tablespoons basil | 1 Cup spaghetti squash noodles |
| 2 Teaspoons garlic salt | OR |
| 1 Teaspoon ground thyme | 2 Oz whole-wheat pasta noodles |
| 1 Teaspoon oregano | |
| 1 20 Oz pkg Italian flavored ground turkey | Butter flavored cooking spray or olive oil cooking spray (your choice) |

Let's get to cooking!

1. In a large saucepan pour 1/3 cup water, add chicken bouillon and bring to a boil.
2. Add onion, bell pepper and all spices and cook until onion is slightly clear.
3. Turn heat to medium, add ground turkey and cook thoroughly.
4. Stir in tomato paste and then add crushed and stewed tomatoes.
5. Allow meat sauce to simmer on low for 20 minutes. And while it simmers cook your spaghetti squash or pasta noodles.
6. Pasta noodles are cooked per package instructions.
7. Spaghetti squash is cooked by taking a knife and stabbing the squash 8-10 times all around. Place in a microwave and cook on half power for 8 minutes until the skin is slightly pliable. If after the first 8 minutes the skin is still hard cook on half power in three-minute intervals until the outer skin has some "give" to it. Be extremely careful when you remove this from the microwave, as it will be very hot. Cut the squash in half and using a fork "comb" out the noodles. Measure out your 1-cup portion and once on the plate spray with butter flavored cooking spray, dust with garlic salt, add 1-cup meat sauce and enjoy!

Another inspiring **Kitty's Lighter Weigh** recipe.