SPAGHETTI DINNER

COOK TIME: 25 min | PREP TIME: 5 min | SERVINGS: 3-4

INGREDIENTS

- 1 box spaghetti
- 1lb ground meat
- 1 jar/can pasta sauce
- Optional:
  - 1 small onion
  - 2–4 cloves garlic/garlic powder
  - Butter or olive oil
  - Parmesan cheese
  - Italian seasoning / basil / oregano



PREPARATION

1. Boil pasta water and cook spaghetti according to package directions. Save 1 cup pasta water.
2. Heat a little oil in a pan. If using, cook diced onion 5–7 min until soft and lightly golden. Add garlic. Add meat and season with black pepper and a pinch of salt. Pour in pasta sauce. Add oregano, basil and garlic powder if using.
3. Simmer 10–20 minutes. Add a splash of saved pasta water to the pasta to help sauce stick to noodles. Toss pasta directly into the sauce instead of pouring sauce on top.

NUTRITION NOTES

Pasta is a great staple food because it's versatile, affordable and easy to prepare. It provides carbohydrates which are your body's main source of energy. Pairing pasta with ground turkey adds protein helping to make the meal more balanced and satisfying. Including protein can also help slow digestion, supporting more steady blood sugar levels compared to eating pasta alone.