

Spaghetti Bolognese (Light)

20 Minute Meals

Good Housekeeping Magazine - Jan. 2016

Servings: 4

2 small spaghetti squash
1 tablespoon olive oil
1 medium onion, chopped
1 medium red pepper, chopped
3 cloves garlic, minced
1/2 teaspoon salt
12 ounces lean ground turkey
1 can (28 ounce) crushed tomatoes
1/2 ounce grated Pecorino cheese
1/4 teaspoon black pepper
Pecorino cheese (for garnish), grated

Poke holes all over the spaghetti squash.
Microwave on HIGH for 15 minutes.

In a large saucepot, heat the olive oil on medium-high. Add the onion, red pepper, garlic and salt. Cook for 10 minutes, stirring often.

Add the turkey, breaking up the meat with the side of a spoon. Cook for 5 minutes.

Add the crushed tomatoes. Simmer for 10 minutes.

Stir in the Pecorino cheese and black pepper.

Cut the squash in half lengthwise. Scoop out the seeds and scrape the strands with a fork.

Serve the sauce over the squash.

Garnish with more Pecorino cheese.

Per Serving (excluding unknown items): 194 Calories; 10g Fat (43.8% calories from fat); 19g Protein; 10g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 358mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	.2mg
% Calories from Fat:	43.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	19.1%	Thiamin B1 (mg):	.1mg

% Calories from Protein: 37.0%
 Total Fat (g): 10g
 Saturated Fat (g): 2g
 Monounsaturated Fat (g): 3g
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 55mg
 Carbohydrate (g): 10g
 Dietary Fiber (g): 1g
 Protein (g): 19g
 Sodium (mg): 358mg
 Potassium (mg): 206mg
 Calcium (mg): 31mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 61mg
 Vitamin A (i.u.): 1828IU
 Vitamin A (r.e.): 183RE

Riboflavin B2 (mg): trace
 Folic Acid (mcg): 20mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 2 1/2
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 194 Calories from Fat: 85

% Daily Values*

Total Fat 10g 15%
 Saturated Fat 2g 10%
 Cholesterol 55mg 18%
 Sodium 358mg 15%
 Total Carbohydrates 10g 3%
 Dietary Fiber 1g 6%
 Protein 19g

Vitamin A 37%
 Vitamin C 102%
 Calcium 3%
 Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.