

Healthy Cooking with Nicole

Zucchini Pasta with Bolognese Sauce

1 lb 93% lean grass fed beef or ground turkey
3 cloves garlic
1/2 onion, chopped
1 tsp olive oil
28 oz can crushed tomatoes, low sodium
2 tbsp chopped fresh basil
2 packages spiralized zucchini, fresh or frozen
(or use a spiralizer with fresh zucchini)
1 tablespoon Italian seasoning
1 tablespoon garlic powder
1/4 cup Parmesan cheese



In a large saucepan over medium heat brown the ground meat. Drain any excess fat and pour meat into a bowl. Put pan back on the stove and add onion and garlic and cook until soft, about 5 minutes. Add back meat, crushed tomatoes, Italian seasoning and garlic powder and simmer for 5 minutes. If frozen, cook the noodles according to package directions, then put in strainer to drain any excess water. Then add to sauce. If fresh, add to sauce for 2-3 minutes to cook. Using tongs, remove the noodles and put in a bowl. Top with extra sauce and sprinkle with a teaspoon of parmesan cheese if desired.

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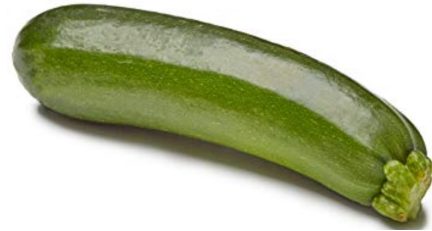
Healthy tip:

Using zucchini instead of pasta makes this dish a LOT lower in calories.

1 cup of pasta has :
200 calories
37 g carbs



1 cup of zucchini has:
20 calories!
And only 4 carbs!



Using a strong cheese like fresh parmesan means you will not need a lot to get great flavor. Stay away from parmesan cheese in a container. This has lots of preservatives and not much flavor.

Making your own sauce is not only cheaper, but much better for you. Jarred sauces usually have lots of added oil and sugar.

