

Zucchini “Pasta” with Turkey Meatballs and Caramelized Vegetable Marinara Sauce

Servings: 4

Total Time: 90 minutes

Ingredients:

1 1/4 cup onion, finely diced	3/4 cup carrots, finely diced	3/4 cup celery, finely diced	3 tbsp. garlic, minced
2 tbsp. olive oil	1 pound lean ground turkey breast	2 tbsp. whole grain bread crumbs	2 tbsp. grated parmesan cheese
1 large egg	1 tsp. salt	2 tbsp. olive oil	3 garlic cloves, minced
3 tbsp. fresh parsley, chopped	2 tbsp. fresh sage, chopped	1/2 tsp. crushed red pepper, optional	4 zucchinis
2 cans tomato sauce (no salt added)	2 tsp. dried herbs de provence	salt and pepper, to taste	1/4 cup fresh basil leaves, julienned (for topping)

Directions:

1. Preheat oven to 375 °F and line a baking sheet with foil.
2. Add cut up onions, carrots, celery to baking sheet and toss with olive oil to evenly coat. Place in oven and roast for 20-30 minutes, or until lightly browned. Add in garlic during last 5 minutes of roasting.
3. Once the vegetables are done roasting, add them into a sauce pan containing tomato sauce, dried herbs de provence, and salt and pepper to taste. Bring mixture to a boil and then reduce to a low simmer for 10-20 minutes. Once done cooking, place into a blender to puree mixture.
4. While vegetables are roasting, place turkey, bread crumbs, parmesan cheese, egg, salt, and fresh chopped sage and parsley (and optional crushed red pepper) in a large bowl and mix until the ingredients are well-incorporated. Using hands, form balls out of the turkey meatball mixture (1-1/2 to 2 inches in diameter), and place them on a plate.
5. Heat a large cast iron skillet to medium-high and add olive oil once the skillet is hot. Place the meatballs on the hot surface and cook for 1.5 minutes on both sides. Turn the meatballs a couple more times to get a good sear on them, but don't cook them all the way through. Reduce heat to medium and carefully add the sauce to the skillet. Cover the skillet and allow the meatballs to cook at a gentle boil for 20 minutes (or cook over medium-low at a simmer for an hour).
6. Run the zucchini through a spiralizer. (Optional— Place noodles on a baking sheet and sprinkle with some salt. Place in the oven at 200 °F and let them sweat about 5-10 minutes.)
7. Place meatball and marinara mixture over zucchini and top with fresh basil leaves and optional parmesan cheese.

Nutrition Information per Serving: 460 calories, 26g total fat, 5.5g saturated fat, 30g protein, 30g carbohydrate, 7.5 g fiber, 520mg sodium

