

# SLOPPY JOE'S WITH ZUCCHINI NOODLES

Author: Jay DeMay Prep time: 10 mins Cook time: 20 mins Total time: 30 mins Serves: 4-6

## INGREDIENTS:

- 2 tablespoons light butter
- 1 red pepper, or orange/green/yellow
- 1 large onion
- 1 teaspoon garlic powder
- 1 pound ground turkey
- $\frac{3}{4}$  cup ketchup
- $\frac{1}{4}$  cup low sodium soy sauce
- 2 tablespoons tomato paste



## INSTRUCTIONS:

1. Place turkey in a skillet. Cook over medium heat, breaking it up with a spatula, until browned. Drain turkey into a colander and rinse with hot water.
2. While the turkey is cooking, place the light butter in a separate large skillet.
3. Dice up the red pepper and onion and sauté in the light butter over medium heat. Cook for about 5 minutes, until they start to soften and onions start to become translucent.
4. Sprinkle with garlic powder and stir in.
5. Combine the drained and rinsed turkey with the veggies.
6. Add ketchup, soy sauce, and tomato paste and stir to combine.
7. Let cook on low for at least 10 minutes. The longer it cooks the more the flavors will develop. I like to simmer it for 30-40 minutes.
8. Serve over zucchini noodles, a sweet potato, or just eat it out of a bowl!

## Nutrition Information:

4 Servings (Meat only)	4 Servings (Meat with 1 C zucchini noodles)	6 Servings (Meat only)	6 Servings (Meat with 2/3 C zucchini noodles)
245 calories	280 calories	165 calories	185 calories
28 g protein	30 g protein	19 g protein	20 g protein
21 g carbohydrate	28 g carbohydrate	14 g carbohydrate	19 g carbohydrate
6 g fat	7 g fat	4 g fat	5 g fat
3 g saturated fat	3 g saturated fat	2 g saturated fat	2 g saturated fat

# Zucchini Noodles

10 minutes

1 minute

1-2 small zucchini per person



## Ingredients

- 1-2 zucchini (or summer squash) per serving
- A julienne peeler or box grater

## Instructions

1. Use firm strokes as you peel the zucchini lengthwise with the julienne peeler. Do one side until you reach the seeds. Rotate and peel the other side. Keep peel each side, avoiding the seeds in the middle of the zucchini.
2. It's not a problem if you get some of the seedy-core when peeling the noodles, but the reason why I don't use the core is because it doesn't hold together well. I use just the firm outer flesh and then I save the cores for adding into soups or veggie sautés.
3. Bring a pot of water to a boil. Add the zucchini noodles and boil for only about 30-60 seconds. Taste a noodle before removing the noodles to see if it is cooked enough. It should be firm but not crunchy or mushy.
4. Drain the noodles and add your favorite sauce and pasta toppings. Enjoy!
5. You can peel the zucchini and store the noodles in the fridge for a day or so. But the noodles don't store well once they are cooked.

### Nutrition Information: 1 Cup Zucchini Noodles

35 calories

2 g protein

8 g carbohydrate

1 g fat

0 g saturated fat