

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietician



turkey spaghetti

Is there anything much more comforting than a homemade pasta sauce? The next time you're craving carbs, try homemade spaghetti with turkey.

I used 94/6 ground turkey, but any kind of leaner cut turkey meat in place of beef will help you go lower on the saturated fat and cholesterol. Alison Roman's Roasted Tomato Sauce recipe* is a good place to start, but the possibilities are endless from there.

I first browned the turkey with salt and pepper, then prepared the sauce with lots of added fresh veggies and herbs. Toss it all together with a whole grain pasta for some extra fiber, protein, vitamins and minerals.

Buon appetito!

<https://snowehome.com/blogs/magazine/my-midnight-meal-chef-alison-roman>

