

Sano Spaghetti

Elias McNeal - Tapteal

Ingredients

- 1 jar organic spaghetti sauce
- 2 handfuls power greens
- 1 bell pepper, any color, diced
- 5 white mushrooms, chopped
- 2 tsp garlic, minced
- 2 T olive oil
- ½ lb lean ground turkey
- 1 lb veggie spaghetti
- 1 cup shred parmesan



Directions

Boil a large pot of water with a pinch of salt. Add pasta and cook according to the package directions.

Heat oil in a large skillet over medium heat. Add meat and cook until no longer pink. Add garlic, mushrooms and peppers. Cook until softened slightly.

Add spaghetti sauce to skillet and cook until bubbly.

Add power greens to the sauce and stir until wilted.

Drain spaghetti. Serve on plates with a scoop of sauce on top. Garnish with parmesan.