



Veggie Spirals Bolognese



Brought to you by [Green Giant](#). Developed by Hungry Girl. [Click here for a coupon](#), and [check the store locator](#) to find Veggie Spirals near you!

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Entire recipe: 323 calories, 5.5g total fat (2g sat. fat), 709mg sodium, 45.5g carbs, 16.5g fiber, 20g sugars, 24.5g protein

Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

1/2 cup canned crushed tomatoes
1 tbsp. tomato paste
1 tsp. white wine vinegar
3/4 tsp. garlic powder ([like the kind by Spice Islands](#))
1/4 tsp. Italian seasoning ([like the kind by Spice Islands](#))
One 12-oz. bag any [Green Giant Veggie Spirals](#)
1/4 cup chopped celery
1/4 cup chopped onion
3 oz. raw lean ground turkey (7% fat or less)
Dash each salt and black pepper, or more to taste
Optional toppings: grated Parmesan cheese, fresh basil

Directions

In a medium bowl, mix crushed tomatoes, tomato paste, vinegar, garlic powder, and Italian seasoning until uniform.

Microwave the bag of Veggie Spirals for 6 minutes, or until Veggie Spirals have cooked and softened.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add celery and onion. Cook and stir until slightly softened, about 3 minutes.

Add turkey, salt, and pepper. Cook, stir, and crumble until veggies have softened and turkey is fully cooked, about 4 minutes.

Reduce heat to medium low. Add tomato mixture, and cook and stir until hot and well mixed, about 2 minutes.

Thoroughly drain Veggie Spirals in a strainer. Place in a medium-large bowl.

Add skillet contents. Stir to mix and coat.

MAKES 1 SERVING

HG FYI: The original version of this recipe called for Green Giant Carrot Veggie Spirals, which are no longer available. Simply swap in your favorite Green Giant Veggie Spirals! Stats may vary.

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