



## 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!**

[Click here for a video demo!](#)

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

**Green Plan [SmartPoints](#)® value 4\***  
**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

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

More: [Lunch & Dinner Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving, 30 Minutes or Less](#)

### 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.

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)®

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