

## **Spaghetti**

Servings: 2-4

### **Ingredients**

8 oz whole grain spaghetti  
1/2 jar Prego spaghetti sauce  
1/2 onion, diced  
1/2 package ground turkey  
1 teaspoon olive oil

### **Preparation**

- 1) Cook spaghetti according to package directions.
- 2) Add sauce to a medium pot and heat on Low.
- 3) Heat oil in a skillet over medium high heat. Sauté onion for 2-3 minutes. Add ground turkey and cook until no longer pink. Drain and add to pot of spaghetti sauce. Mix well and serve over spaghetti.

## **Side Spinach Salad**

Servings: 2

### **Ingredients**

3 cups fresh spinach  
1 pear, cut into thin slices  
1 apple, cut into thin slices  
1/4 cup blue cheese crumbles  
Raspberry vinaigrette

### **Preparation**

- 1) Combine spinach, pear, apple, and blue cheese in a large bowl. Toss and drizzle with raspberry vinaigrette.