Spaghetti

Servings: 2-4

Ingredients
8 oz whole grain spaghetti
1/2 jar Prego spaghetti sauce
½ onion, diced
½ 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
¼ cup blue cheese crumbles
Raspberry vinaigrette

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