

# RAINBOW Spaghetti



## INGREDIENTS

### Spaghetti Sauce:

- 1 small onion chopped
- 2 cloves garlic minced
- 2 Tbls Extra Virgin Olive Oil
- 1 lb. ground lean turkey
- 4 White Mushrooms cut into cubes
- 1 Jar Simply Organic Tomato Basil Pasta Sauce
- 1 tsp Italian Seasoning
- Salt and Pepper to taste

### Rainbow Pasta:

- Banza Chickpea Pasta
- Zoodles - Zucchini Noodles
- Butternut Squash Noodles

## PREPARATION

*Prep Time :25 minutes / Cook Time :25 minutes  
50 minutes to dinner time*

1. Heat Extra Virgin Olive Oil in a skillet over medium heat being careful not to let it smoke.
2. Cook onion and garlic until translucent then add ground turkey and cook throughout until no longer pink.
3. Add Italian seasoning and salt and pepper to taste. If you like spicy...add a pinch of chili pepper flakes.
4. Add in Simply Organic Tomato Basil Pasta Sauce (or other prepared sauce), stir, and let simmer.
5. Prepare Banze (or other plant-based Spaghetti options) according to package instructions begin careful not to overcook.
6. Reheat the skillet with a bit of Extra Virgin Olive Oil and an equal part of Chickpea, zucchini, and butternut squash noodles and heat until vegetables soften.
7. Prepare individual serving starting with a 2 - 3 oz. portion of Rainbow Spaghetti, a 1/2 cup portion of sauce, and garnish with fresh basil and shredded real cheese if desired.

*NOTE: portion size will vary depending on age, size, and dietary goals.*

**Nutritional facts on back...**

**Nutritional Facts based on 2 oz Rainbow Spaghetti and 1/2 cup Spaghetti sauce portion size: 254 calories per serving  
8 g Fiber / 9 g Fat / 28 g Carbohydrates / 28 g Protein**

## **Nutrient Profile Comparison of Pasta**

*Based on one serving of spaghetti which equals 2 ounces*

### **Refined/Enriched Spaghetti:**

Calories per serving: 220  
Protein: 8.1 grams  
Carbs: 43 grams  
Fiber: 2.5 grams

### **Whole Wheat Spaghetti:**

Calories per serving: 174  
Protein: 7.5 grams  
Carbs: 37 grams  
Fiber: 6 grams

***Refining** significantly modifies gain from it's natural composition. The chemical removal of bran and germ (fiber) makes this pasta a high glycemic indexed food choice. These foods digest quickly and spike insulin levels which can, if overly consumed, create insulin resistance and put you at risk of Type II Diabetes.*

**Mixing vegetables, such as zucchini and butternut squash noodles, into pasta is a great way to add more vegetables to your family meal!**

### **Banza Chickpea Spaghetti:**

Calories per serving: 190  
Protein: 12 grams  
Carbs: 32 grams  
Fiber: 5 grams

### **Zucchini Zoodles:**

Calories per serving: 9  
Protein: 0.7 grams  
Carbs: 2 grams  
Fiber: 0.6 grams

### **Butternut Squash Noodles:**

Calories per serving: 9  
Protein: 0.6 grams  
Carbs: 6.6 grams  
Fiber: 1.1 grams

Other HIGH-FIBER HIGH-PROTEIN pasta options typically offering 11-17g fiber and 22 g protein per serving:

- **Liviva Black Bean Fettuccine**
- **Zeroodle Edamame Spaghetti**
- **NutriNoodle**
- **Modern Table**
- **Ancient Harvest**



**Vegetables add color, flavor, fiber, and numerous vitamins and minerals to an otherwise carb heavy meal.**

**Try them out as a healthier option!**



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