



## ZOODLES WITH TURKEY MEATBALLS RECIPE

PREP TIME: 30 MIN • COOK TIME: 20-30 MIN • YIELDS: 4 SERVINGS

### INGREDIENTS

- 3 zucchini or 4 handfuls of premade zucchini noodles
- 3 cloves of garlic, minced
- 2 tsp extra virgin olive oil
- Everything bagel seasoning
- ½ cup of your favorite tomato sauce
- 8 small turkey meatballs
- 4 Tbsp grated Parmesan

### DIRECTIONS

1. With a spiralizer, spiralize 3 zucchini (have a loved one assist you if needed); store fresh zucchini noodles in the refrigerator.
2. In a large skillet, heat oil over medium heat and add garlic.
3. When the garlic is fragrant (30 seconds to 1 minute), add prepped zucchini noodles. Sprinkle on everything bagel seasoning and stir. Continue cooking over medium heat until desired consistency is achieved (about 10 minutes for a soft texture).
4. Heat the tomato sauce and meatballs while the zucchini noodles are cooking. Then, plate the cooked zucchini noodles and top with heated tomato sauce, meatballs (heated according to package directions), and cheese, as desired.

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

### TIPS AND TOOLS:

**You'll need a zucchini spiralizer, or you can buy premade zucchini noodles and minced garlic to make the meal prep a snap.**