



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

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

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

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended

and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: September 19, 2018

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.