



Spaghetti with Italian Turkey Sausage

YIELD: 4 (1 CUP SPAGHETTI, 1 CUP SAUCE, AND 1 TABLESPOON CHEESE PER SERVING)

INGREDIENTS

- $\frac{3}{4}$ pound sweet Italian turkey sausage (about 3 links)
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 (14.5ounce) can diced tomatoes with basil, garlic, and oregano
- 1 cup low-sodium chicken broth
- $\frac{1}{2}$ cup tomato paste
- 2 teaspoons dried Italian seasoning
- 8 ounces spaghetti, uncooked
- $\frac{1}{4}$ cup grated Parmesan cheese

DIRECTIONS

1. Remove casings from sausage. Cook sausage in large nonstick skillet over medium- high heat until sausage is browned. Add onions and garlic; cook 5 minutes or until onions is tender, stirring often. Stir in tomatoes and next 3 ingredients; bring just to a boil. Reduce heat and simmer, uncovered 5 minutes, stirring occasionally.
2. While sauce simmers, cook spaghetti according to package directions, omitting salt and fat; drain. Place spaghetti in a serving dish; top with sauce. Sprinkle with cheese.

Mixed Green Salad

YIELD: 4 TO 6 SERVINGS

INGREDIENTS

- 1 head romaine lettuce
- 1 cucumber, peeled and sliced
- 2 to 3 plum tomatoes, cored and cut into small wedges
- 1 small red onion, sliced thin
- Olive oil and red wine vinegar, to taste
- Salt and pepper

DIRECTIONS

Tear the lettuce leaves into bite-sized pieces and transfer them to a large salad bowl. Add the cucumber, tomatoes, and onion. Sprinkle with the oil, vinegar salt and pepper, and toss to combine.



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