

RONNIE WOLF'S HEARTY, HEALTHY ONE-DISH DINNER

Serves 4

Ingredients

Cleaned Raw Vegetables:

2 carrots--sliced

1 large parsnip--sliced

1 peeled eggplant--cubed

1 large zucchini with skin--cubed

1 bell pepper--red and/or green (seeds removed)--strips or small pieces

6-10 white mushrooms--sliced

2-3 pounds ground lean turkey or chicken

1 packet dried onion soup mix

2 cups cooked Brown rice or whole wheat spaghetti spaghetti

2 cups low sodium spaghetti sauce

Preparation

Steam all vegetables--best to start steaming the parsnips, carrots, and eggplant first and then add the other veggies to the same steamer

Prepare the rice or spaghetti and keep warm

Brown and crumble the ground beef, turkey or chicken until it is fully cooked

Stir in the soup mix

Heat the spaghetti sauce

Spoon out a layer of rice or spaghetti onto each plate

Add a layer of ground chicken or turkey

Add a layer of the steamed vegetables

Pour spaghetti sauce over the top

Garnish with parsley sprigs

NOTES:

1. Vegetables can vary

2. When fully steamed, they can also be mixed in with the ground meat, covered and simmered together for about 5 minutes to blend all flavors.

For a lighter low-carb version, the spaghetti or rice can be eliminated or substituted with spaghetti squash

Recipe submitted by: Ronnie Wolf

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