

Keto Spaghetti

Servings: 4 | Prep: 10 min | Cook: 20 min

Ingredients:

- ☐ • 2 medium zucchini (spiralized) OR 1 spaghetti squash OR 2 packs shirataki noodles
- ☐ • 1 lb ground beef or turkey
- ☐ • 2 cups sugar-free marinara sauce
- ☐ • 1 tsp Italian seasoning
- ☐ • ½ tsp garlic powder
- ☐ • 1 tbsp olive oil
- ☐ • Salt & pepper to taste

Instructions:

1. Cook noodles of choice (zoodles sautéed in olive oil, spaghetti squash roasted, or shirataki boiled).
2. Brown ground meat in skillet, drain excess grease.
3. Add marinara, seasonings, and simmer 10 min.
4. Serve sauce over noodles with parmesan cheese.