

Thanksgiving Stuffing Pasta Nests

Yield: 12 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-turkey-thanksgiving-recipe>

Ingredients:

- 8 ounces thin spaghetti or angel hair, cooking according to package directions
- 1 tablespoon butter
- 1 tablespoon minced garlic
- 1 cup diced onions
- 1 cup diced celery
- 1 cup carrots diced
- 1 pound ground turkey or sausage
- 1 teaspoon poultry seasoning
- 1/2 cup low sodium chicken stock
- 2 tablespoons fresh sage chopped
- 1 beaten eggs
- shredded cheddar cheese optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 40 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 70 milligrams
9. Sugar: 2 grams

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