



Ground Chicken Bolognese

Simple, hearty and nutritious

Ingredients

1 Tbsp olive oil
1 or 2 cloves garlic, minced
1 cup carrots - peeled and finely chopped
½ cup celery - finely chopped
2 Tbsp onion finely chopped (add more if you prefer)
1 lb. ground chicken
1 14 oz can diced tomatoes
2 tsp minced fresh basil
1 tsp minced fresh oregano
½ tsp salt
¼ tsp pepper
6 to 8 oz of pasta – penne works well

Cook pasta according to package directions.

Heat olive oil in a large skillet over medium high heat. Add garlic, carrot, celery and onion. Saute 5 minutes or until tender. Add ground chicken. Cook until browned, stirring often to crumble. Add diced tomatoes, basil, and oregano. Simmer until warmed through. Season with salt and pepper.

Serve chicken mixture on top of pasta. Garnish with a little more basil.

*For a healthier alternative replace pasta with, spiralized (or shredded) zucchini.

