



HEALTHY ST. PETE

Season 2, Episode 2: A Rowdy and Healthy Spaghetti Pie

Join us in the Child's Park Recreation Center's Test Kitchen for season 2 of Healthy St. Pete Test Kitchen, with your host Deputy Mayor Dr. Kanika Tomalin and Rowdies soccer player Darnell King.

Recipe: Healthy Spaghetti Pie

2 cans of Pasta Sauce (Five Cheese or Marinara)
3 Squash
3 Zucchini
Low Fat Ricotta Cheese
2 Bags of Shredded Mozzarella
1 Pound Ground Turkey
2 Eggs
1 package of Chicken Sausage

Use a zoodle machine to create noodles from the 3 squash and 3 zucchini. Dry the zoodles to remove excess water.

Sauté ground turkey until cooked through and golden brown. Saute chicken until golden brown and cooked though.

Grease a baking dish. Layer the zoodles, sauce, ricotta and mozzarella cheese and meats in a baking dish as you would a lasagna.

Beat two eggs and pour over the mixture in the baking dish. Put additional mozzarella cheese on top.

Bake in the oven for 20 minutes on 350 degrees heat.