

Pasta with Turkey and Vegetable Sauce

Whole wheat pasta boosts protein and fiber in this delicious dish the whole family is sure to love.

Makes: 6 servings

Prep Time: 20 minutes

Cook Time: 60 minutes

Source: CommonThreads.org

Ingredients

- 1 package whole-grain spaghetti
- 1 clove garlic (minced)
- 1/2 onion (minced)
- 1 carrot (minced)
- 1 stalk celery (minced)
- 4 leaves basil (chopped into thin strips)
- 2 tbsp olive oil
- 1/2 lb. ground turkey
- 1 (15 oz.) can crushed tomatoes
- 1 (15 oz.) can tomato paste
- 1/4 tsp crushed red pepper (optional)
- Salt and Pepper to taste

Directions

1. Heat the oil in a saucepan over medium heat. Add the ground turkey and sauté until it is all browned.
2. Add the garlic, onion, carrot, celery, and tomato paste and cook until the onions are translucent, about 3-4 minutes. Stir frequently to make sure the onions don't burn to the pan.
3. Add the tomatoes and half of the basil leaves and cook until the sauce starts to simmer. Add the salt and pepper. Turn the heat to low, and reduce the sauce for another 30 minutes. Reducing makes the sauce thicker by cooking out the extra water.
4. While the sauce simmers, cook and drain pasta according to package directions.
5. Serve hot, and enjoy!



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/6 of sauce recipe
with 2oz cooked pasta

Nutrients	Amount
Calories:	280
Total Fat:	20 g
Saturated Fat:	1.5 g
Cholesterol:	50 mg
Sodium:	150 mg
Total Carbohydrates:	49 g
Dietary Fiber:	12 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	23 g

Utensils Needed

- 2 Large pots
- Sharp knife
- Cutting board
- Measuring cup
- Wooden spoon
- Colander

SHOPPING LIST

Average total cost without oil and seasonings: \$14.22

Average cost/serving: \$2.37

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

☐		Add 1 to Cart Whole Wheat Spaghetti	☐		Add 1 to Cart Fresh Basil
☐		Add 1 to Cart Fresh Garlic	☐		Add 1 to Cart 1/2 lb Fresh Ground Turkey
☐		Add 1 to Cart Yellow Onion, medium	☐		Add 1 to Cart Crushed Tomatoes (15 oz)
☐		Add 1 to Cart Carrots, 2 lb bag (or single fresh carrot where available)	☐		Add 1 to Cart Tomato Paste (15 oz)
☐		Add 1 to Cart Celery bunch (or single stalk where available)			

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Sauce recipe can be doubled or tripled ahead of time, then frozen in airtight containers. This can save you time when you need to make dinner on a tight schedule!